



PYRAMID SPIRITUAL SOCIETIES, INDIA

BE A MASTER (English)
Brahmasri Patriji

Published by :
D. Siva Prasad
Dhyana Lahari Publications
525, Reddy & Reddy Colony
Tirupathi. Ph. : 98481 52629

First Edition : 1994
Second Edition : 1999
Third Edition : 2002
Copies : 1000

Cover & Layout : VENUGOPAL REDDY
Hyderabad - 520 002

DTP : PLANOGRAPHERS

Printed at : **PLANOGRAPHERS**
Chirag Ali Lane, Abids,
Hyderabad
Ph. : 3203390, 3202717

Copies available at :
ALL PYRAMID DHYANA KENDRAS, INDIA
DHYANA LAHARI PUBLICATIONS
525, Reddy & Reddy Colony
Tirupathi

Price : Rs. 99/-

ACKNOWLEDGEMENTS

I express my heartfelt thanks to all the persons whom I have met in this life, for all the lessons that they have taught me! and for all the affection that they have showered on me. And, this is an on-going process! Everybody has always a thing or two or three to learn from everybody else! Always so!

I must mention, specially, my wife, Swarnamala, a noble soul and an impeccable Master. She has been a tower of strength throughout!

I express my appreciation to all the Meditators who have written-out their Meditational Experiences for incorporation in this Book.

I express my gratitude to the vast assembly of the Eternal Masters. Their wisdom has been the one continuous Guiding Force in all my efforts.

My best wishes are specially due to Sri B.V. Reddy, M.Sc., Industrialist, Entrepreneur and Prominent Citizen of Kurnool, who offered his unflinching friendship to me, at the very first instance of our meeting together.

January, 1994

Kurnool



—Subhash Patri

ABOUT MYSELF !

I had the first inkling of Meditation and Meditational Experiences through my friend and my then professional associate, Mr. S. Ramachenna Reddy. He was, then (1976-79), working as a representative for M/s E.I.D. Parry (India) in Kurnool region. During those three years my spiritual appetite was gradually being aroused. As a result, my many other interests in more mundane, professional, musical and social fields gradually began to wane.

During the latter part of 1979, Books by Spiritual Masters started to fall into my hands - beginning with, first, James Hewitt's "Yoga and Meditation". The second was "Mind" by Swami Shivananda. The third was "Hinduism" by Dr. Veda Vyas, I.A.S.

And, the fourth was "You Forever" by Tuesday Lobsang Rampa. which I first read on December 28th 1979. And that was THE BREAKTHROUGH! Now, everything was clear! Everything perfectly understood! My own Spiritual Enlightenment began! The nature of "Death" was revealed! Death can be only for the physical body, not for the energy-essence of the more real ourselves! This world really is a stage, a theatre!

I became Enlightened! I had attained! I had become a Master! Now there are no '*problems*' in life '*only challenges*'! Now life is not a drudgery - it is only an unending adventure! The past priorities in life totally got metamorphosed!

Now, only one thing mattered. Everyone else, every other individual, now became the most important person in my life! I had to help everybody! I had to strive for making others understand all the basic elements of Spiritual Science! I had to transform them all into Meditators!

And, that activity has been continuing ever since.... through the years. And, here, now, I stand in the year 1994 and this work will continue. Un-abatedly, forever eternally... in whichever dimensional world I may find myself at any particular given time!



ABOUT THE BOOK

This Book is the first major effort to bring to light in a comprehensive form, everything concerned with "The Kurnool Spiritual Society", what its objectives are, what it stands by; its premises; the results of the efforts of Meditation and Automatic Writing etc. The following are the major heads:

- 1) "The Kurnool Spiritual Society"
- 2) "Meditation and Spiritual Science"
- 3) "Pyramid Power"
- 4) "Meditation"
- 5) "Meditational Experiences"
- 6) "Books that must be read"
- 7) "Automatic Writing"
- 8) "Wisdom and Revelation of some New Age Master"
- 9) "New Age Spiritual Philosophy"
- 10) "End-Piece"

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THE KURNOOL SPIRITUAL SOCIETY

The Objectives of the Society are given. The Society's Emblem is explained.

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MEDITATION AND SPIRITUAL SCIENCE

Spiritual Science is the ultimate science that fulfils all other sciences. And, a major method in Spiritual Science is Meditation. Meditation is the only way for total human happiness and progress

CHAPTER-3

PYRAMID POWER

The Kurnool Spiritual Society has built a Pyramid Meditation Centre to promote the concept of '*Pyramid Meditation*' in particular, and of '*Pyramid Power*' in general. The Society encourages everybody to build Pyramids for meditational and health purposes.

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MEDITATION

Meditation is a simple thing that everybody can so easily master. Especially, the children and the young are instantly at home with it. Meditation should become a part of the daily routine like eating, drinking, sleeping etc., for every person.

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MEDITATIONAL EXPERIENCES

Meditational Experiences of a few of the members of The Kurnool Spiritual Society are given. Experiences range from third-eye visions to astral travels to discussions with Astral Masters and messages received from their own Overselves.

Names of the persons concerned have not been changed. There is never a case for any secrecy! All are invited to come to Kurnool and meet the persons concerned and know more.

Invariably, the Experiences transform the concerned personalities so drastically and so irrevocably that the slavish, the weak, the doubtful, and the worried '*die*' and Masters are born..

CHAPTER - 6

BOOKS THAT MUST BE READ

Reading right books is a most vital activity suggested by The Kurnool Spiritual Society. All serious spiritual aspirants need to read extensively. A list of the '*must*' reading is given. Reading Books is as crucial for Enlightenment as is Meditation itself.

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AUTOMATIC WRITING

Automatic Writing is another most useful method for obtaining information from Astral Masters. Results of Automatic Writing of a few members of The Society are included. Automatic Writing is easy and everybody can easily practice it with great benefit.

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WISDOM AND REVELATIONS OF SOME NEW AGE GRAND MASTERS

Some excerpts of marvellous wisdom and significant revelations from a few of the Greatest New Age Masters are included for the ready guidance of the spiritual aspirant. All key spiritual truths can be found in these. Rajneesh, Lobsang Rampa, Richard Bach, Linda Goodman, Don Juan (Carlos Castaneda), and Seth (Jane Roberts) - among a galaxy of so many other Masters, - form the "Guru Parampara", to which the Members of The Kurnool Spiritual Society joyously "belong".

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NEW- AGE SPIRITUAL PHILOSOPHY

A brief catechism of the key concepts of The New Age Spiritual Philosophy is outlined. The Kurnool Spiritual Society's aim is to spread these concepts among all classes of the public.

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END-PIECE

This chapter gives an idea of The Society's concept of what a New Age person is, or how he/she should be. The final message of the Book is:

" Be A Master!"

CHAPTER -1





THE KURNOOL SPIRITUAL SOCIETY

The Kurnool Spiritual Society has been formed with the aim of creating an awareness among the public about the importance of Spiritual Science in our day-to-day lives and to help every one investigate the other realms - i.e., the other frequency universes - through the means of Meditation and Astral Travel.

With this view, the Group at "*The Meditation and Enlightenment Centre*", at the premises of Shri N.G. Shoury, 44/187, Prakash Nagar, Kurnool-4, formed during June 1990, registered itself as "*The Kurnool Spiritual Society*" on 31-12-1990.

OBJECTIVES OF THE SOCIETY

- 1) To Enlighten people on all the facts discovered in the Spiritual Science.
2. To start *Pyramid Meditation Centres* and train people in Meditation and Astral Travel.
- 3) To develop Divine Consciousness among all.
- 4) To bring home the truths of Reincarnation, Law of Karma, Eternal Life, Astral Worlds, Life after Death, Akashic Records, ESP etc., and to help initiate experiments therein.
- 5) To spread the Messages of universal love, peace, brotherhood, fearlessness, free thinking etc., which are all beyond any particular religion, creed, or community etc.,

ACTIVITIES OF THE SOCIETY

- 1) To start *Pyramid Meditation Centres* at various places.
- 2) To publish the Experiences of Meditators in the form of books and magazines etc.

- 3) To conduct talks, meetings and work-shops etc., inviting eminent people in the field of Spirituality.
- 4) To conduct all kinds of experiments in Spiritual Sciences.
- 5) To establish full-fledged Spiritual Libraries consisting of all the Books and Magazines, published throughout the world, in the field of spirituality.

ASTRAL EXPERIENCES

The main objective of Meditation is to have Astral Experiences.

The Society invites everyone into the exciting adventures of astral travel and clairvoyance etc. The sum total of the knowledge obtained as a result of astral experiences is called Enlightenment. Unless one becomes enlightened, one cannot lead a happy and joyful everyday life.

SOCIETY PUBLICATIONS

The Society undertakes to publish the Experiences of Meditators and Astral Travellers. This is an absolute necessity, as knowledge shared is knowledge increased. Shared knowledge blesses both the giver and the receiver and contributes to all-round joy in life.



EMBLEM OF THE SOCIETY

The Symbol or the Emblem of the Society has the following features: The Triangle; Meditator with a Third Eye; and, the words- Energy, Consciousness and Knowledge.

TRIANGLE

Triangle represents the Overself. The whole aim of the subject of Spiritual Science is, in fact, to bring the knowledge and essence of the Overself into the Underselves that we are here, on this Earth Plane. *The Overself is the 'Triune-Self' consisting of the 'Doer', 'Knower,' and 'Thinker' parts. A do-er part comes down as the 'Underself'. The Over-self is also called the 'Psyche'. In Meditation, we always see the Overself as a pulsating triangle, a 3-D Prism or a Pyramid seen from one particular angle.*

MEDITATOR

The Emblem depicts a person in Meditation. The main aim of the Society is to promote Meditation. The way to highest Enlightenment is ever through Meditation. The Meditator is depicted as being above the ground-level. This is because in Meditation, we do become Anti-Gravity Bodies. In Meditation, our astral bodies are released from the physical bodies, enabling us to travel freely. Astral Travel is one of the major aims to be achieved.

THIRD EYE

Meditation means activation of the Inner Senses. The 'Third Eye' metaphorically symbolises the totality of our Inner Senses. In Meditation, the Third Eye begins to get activated slowly, and in its final culmination, results in the ability to see Akashic Records.

The word 'RISHI' means a 'SEER'. What does he 'see'? He sees the Great Beyond. He sees into alternate-frequency universes. He sees into all the causes behind all the effects, manifested in our particular Plane of Being.

How does he/she see? He/she sees with his/her Third Eye. *Acquisition of the Third Eye is the singular Goal of all Advanced Souls and is the Main Proposal of The Society.*

ENERGY-CONSCIOUSNESS-KNOWLEDGE

We are all E-C-K units. *In the whole of existence, there is nothing which is not Energy, Consciousness or Knowledge.* All beings, however, vary in their particular ECK contents.

The three-Energy, Consciousness and Knowledge - are inter-related and are directly proportional to each other. That is, if you are more energetic, you will be more conscious, and consequently, open to more knowledge. *If you have more knowledge, you will be more conscious, and be more energetic,* and so on.

The essential purpose of each life-time is to increase our ECK content. That is the meaning of the word 'Evolution'!

PYRAMID POWER AND MEDITATION

The Triangle also represents one face of a Pyramid. *The Powers of a Pyramid are manifold and one of the major effects of the Pyramid Energy is that it facilitates Easy Astral Projection.*

Experiences of many persons in small-sized pyramids, in modern times, suggest that Enhancement of ECK is indeed the main proposal behind the design of a Pyramid. One of the main aims of this Society is also to promote the concept of 'Pyramid Meditation'.

CHAPTER -2



MEDITATION AND SPIRITUAL SCIENCE

Meditation is the single most important method/practice by the help of which we progress in the acquisition of knowledge of Spiritual Science. And, Spiritual Science is the Science which studies 1) The Nature of Life between Birth and Death 2) Nature of Life before Birth and after Death 3) Nature of Consciousness 4) Nature of Choices Plans and Purposes of All Beings 5) Nature of Happiness, Progress and Fulfilment 6 Nature of Dreams and Out-of-Body Experiences etc.

Spiritual Science and Enlightenment

True Religion and Spirituality have always been coming out with so many facts about Life and Death; Nature of Nature around; Purpose of Life etc! Following are some of the wrong beliefs held by atheists and agnostics concerning the above, and the corresponding Truths revealed by the Spiritual Science.

FALLACY!	FACT!
1. This physical body is 'I'!	1. The physical body is not the total 'I'! The physical body is just one of our seven bodies!
2. Birth is the beginning of 'I', and death, the End!	2. Before birth 'I' was; and 'I' continues to exist even after the Death of the physical body!
3. Things exist by chance; events happen by chance!	3. Nothing happens by chance; everything happens by choice!
4. The physical, visible universe is the only universe!	4. There are infinite number of frequency - universes. out of which our present, visible universe, is just one!
5. There are 'living' beings, and 'non-living' 'things'!	There is absolutely no 'non-living' 'thing'! 5. Everything is a speck of ECK, i.e., energy, consciousness and knowledge - right upto the atoms and sub-atomic particles, and beyond!
6. There is no 'specific purpose' to life!	6. There is a definite purpose, a definite plan, and a definite goal to all specks of ECK. Every being is here to enjoy, to explore and to evolve in its own chosen fashion !

Following are the some of the fallacies, again, commonly held by the pseudo-religion and the half-baked 'godly people' and the corresponding actual facts as discovered by Spiritual Science.

FALLACY!	FACT!
1. 'God' is somewhere in heaven; we have to worship 'Him' and surrender ourselves to obtain 'salvation'!	1. 'God' is not a person! 'God' is the fundamental substratum-consciousness! We are all Gods! Every 'thing' is 'God'! We only have to realise this and evolve!
2. God fixes our 'destiny' and our 'fate'! As God ordains, so do we reap!	2. Destiny is not a fixed one! We make our own reality through our own beliefs, thinking, and choices! We reap what we ourselves sow!
3. We have to forget about ourselves and live only to help others! In short, we have to be absolutely selfless!	3. Each person can help only himself/herself! One can never 'help' others in real terms! One can only reveal the knowledge to others who wish to help themselves! One can only be an inspiration to the others!
4. We have to repress our emotions and desires and mortify our body and self to attain 'salvation'!	4. There should never be any repression! We are here to express ourselves; ever so! Physical body should never be subjected to any mortification! We make our own suffering through our false belief systems!
5. Suffering is 'God' given, and we should always strive to courageously endure!	5. When we experience suffering, the cause should be immediately identified and uprooted!
6. Salvation means 'union' and 'irreversible amalgamation' of the 'jivatma' and the 'paramatma'!	6. Salvation means self-realization, and knowing that we alone are responsible for our respective destinies!

Those who realise and discard the wrong beliefs, through the study of Spiritual Science, widen their consciousness and become rooted in facts, and as such, grow stronger and happier by the hour. In no time, mental turbulence is replaced by mental tranquillity. Trivial, futile and parasitic activities give way to significant, effective and symbiotic activities.

Day-To-Day Life and Common Problems:

Problems exist in our day-to-day life, either because we are weak in will, or because we are ignorant and stupid, or because we hold on to wrong belief systems. Problems also exist because of our tremendous self-importance, because of our laziness and lethargy. Problems, again, exist because we do want to live parasitically, i.e., at the expense of others.

There will be no problems if only one would

1. Make one's will strong;
2. Replace wrong beliefs by truths through the study of the Spiritual Science;
3. Totally remove one's self-importance;
4. Involve ceaselessly in any creative activity without ever wasting time, and
5. Learn to live symbiotically, i.e., for the over-all benefit of all the parties concerned.

How To Do Meditation?

The important points are as follows:

1. Take any comfortable posture.
2. Clasp your hands.
3. Close the eyes.
4. Observe the breath i.e., do conscious breathing.

In conscious breathing, we have to be aware of our breath only and nothing else, i.e., our total attention should be on breathing alone.

When one is actively doing conscious breathing, one's normal mind's broadcasting and receptor functions totally cease and one is in a 'No-Mind' state. And, no sooner than the 'No-Mind' or 'Non Doing' state is achieved, the 'Other Mind' starts functioning. That is, one comes out in the Astral Body and begins to have new perceptions and new experiences. *The latent Kundalini Energy in the Etheric body is automatically aroused and one acquires many new capabilities by way of awakening of the Inner Senses.*

Benefits of Meditation:

The benefits of Meditation are manifold. *Most physical afflictions, i.e., almost over 99%, are psychosomatic in nature, i.e., born in mind and later manifested in the physical. They arise because of mental worries; and all mental worries are because of*

certain lack of clarity in analysis and thinking and consequent intellectual immaturity; this *intellectual immaturity is due to a lack of basic spiritual knowledge*.

And, spiritual knowledge is obtained only through Meditation - by having out-of-body experiences. Our practical, Meditational Spiritual knowledge is further strengthened by studying all the existing literature in the field of Spiritual Science, wherein the experiences of meditators and astral travellers etc., are given in great detail.

In short.

- 1) Most physical afflictions are because of Mental Worries.
- 2) All mental worries are because of Intellectual Immaturity.
- 3) All intellectual immaturity is primarily because of lack of Spiritual Knowledge.

A spiritually illumined person knows all the causes and, thus, all the corresponding effects-and has no worries ; therefore, he/she becomes totally free of all physical afflictions in due course.

In Meditation, one's energy is increased through in-flow of energy from cosmic energy sources; new information about alternate realities is obtained; and, consequently, there is a constant Expansion of Consciousness.

Meditation enables us to be :-

- 1) Physically wonderfully fit
- 2) Mentally perfectly agile
- 3) Intellectually razor-sharp
- 4) Emotionally full of calmness, friendship and joy
- 5) Existentially full of positivity, creativity and spontaneity, and finally
- 6) Spiritually illumined

Through Meditation, we come to know of our own eternity and of our infinite capabilities, in short, of our Godhood. Simultaneously, and as a corollary, we become aware of the Godhood of all other beings.

The Unaware 'Seed/Sapling Gods' - that we are, through Meditation, reading books, and personal discussions grow into 'Aware Tree God-' full of beautiful 'flowers', 'fruits' and 'shade' for all!



Motto of The Kurnool Spiritual Society

The birth-right of every being is joy !

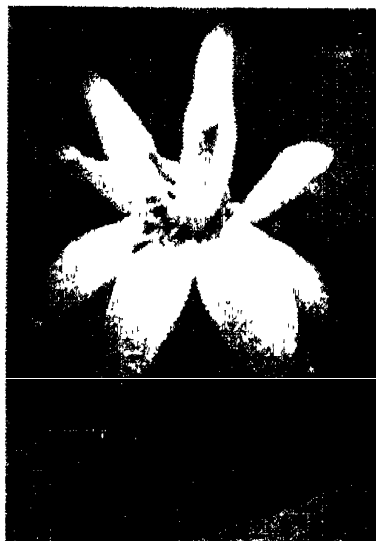
We are all here to enjoy ourselves and our environment !

However, we are unable to own our birth-right because we are unaware of the nature of formation of events, or of the nature of reality etc!

In short, we are not enlightened!

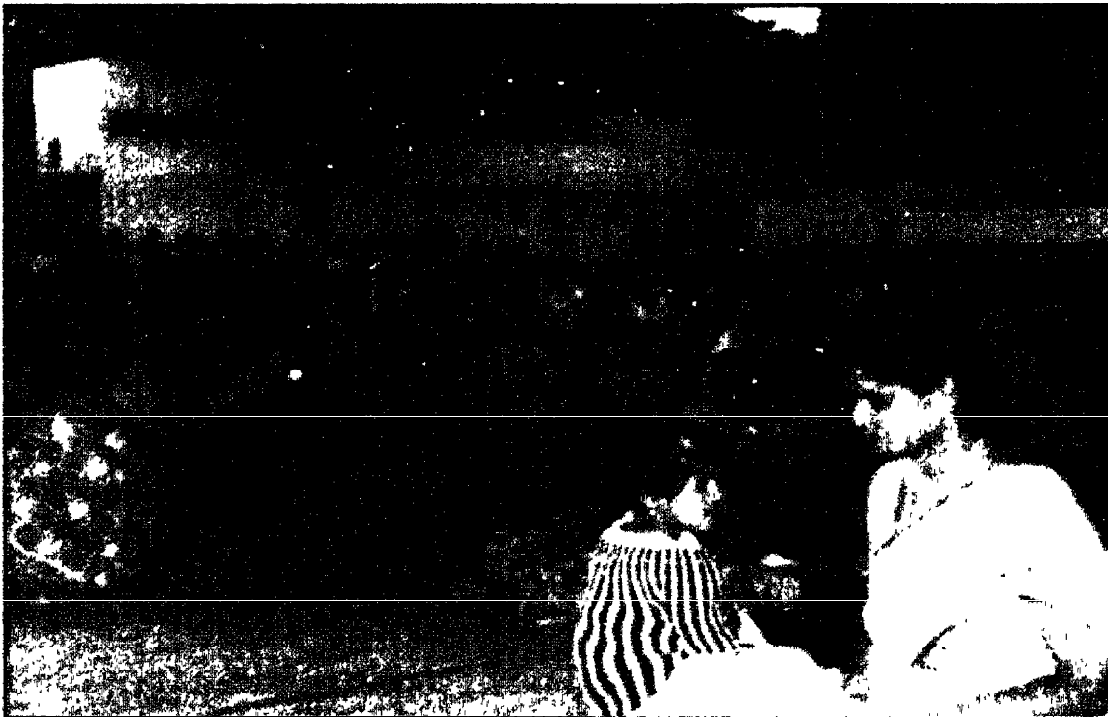
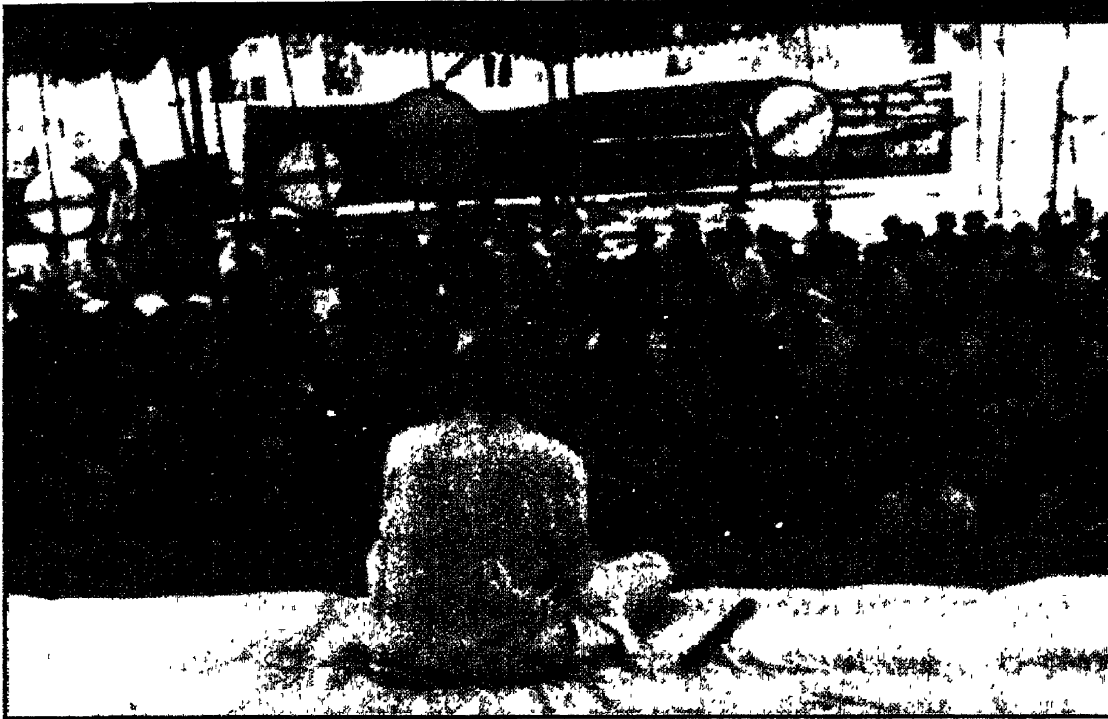
Enlightenment is the means and Joy is the end!

Therefore, the motto or the guiding principle of The Kurnool Spiritual Society is-



"ENLIGHTENMENT AND JOY FOR ALL !"

CHAPTER -3





PYRAMID POWER

"The fact that a geometric design collects and radiates energy was known to ancient Egyptians, more than 10,000 years ago. They utilised the concept when they built their pyramids."

"The Pyramid is a solid structure with four triangular sloping sides resting on a square base and then the four apices joining at a point forming the apex of the Pyramid. Each Triangular sloping face is an isosceles triangle, with the two sloping triangular sides being equal and the base angle equal. The dimensions of the equal sides are all equal and all are similar to each other and of equal area."

"The Egyptians knew that the Pyramids were store-houses of energy drawn from the universe. The power of the Pyramid was obtained through a blending of the radiated Cosmic Energy with that of the gravitational force of Earth."

The Great Pyramid at Gizeh:

"The Great Pyramid at Gizeh, 10 miles west of Cairo, is well-known as one of the seven world wonders. The Great Pyramid has a base covering 13 acres and is levelled to a fraction of an inch. More than 2.6 million blocks of granite and limestone went into its construction. It's present height is more than 450 feet. The king's chamber is the most important feature of the pyramid. The foundations of the Pyramid are perfectly oriented to the North. No mummies were ever found in the Great Pyramid."

"Scholars are aware that the Great Pyramid at Gizeh was built as a place and as an instrument of initiation into altered and higher states of consciousness, through the mechanism of conscious out-of-body experiences."

Pyramid Powers :

Experiments conducted in small-sized home-made Pyramids have revealed pyramid powers which can broadly be classified as follows:-

1. Preservation
2. Healing
3. Out-of-Body Experiences

1. Preservation :

1. Preserves fruit, milk and other perishables.
2. Taste of coffee, wine, fruit juices etc., is improved.
3. Used razors, knives get sharpened.
4. Acts as a room freshener; foul smells disappear.

2. Healing :

1. Wounds, boils and bruises heal quicker.
2. Reduces overweight and increases resistance to diseases.
3. Gives relief to and cures asthma, toothache, migraine headache, common cold, high B.P., arthrities, palpitation of heart, epilepsy, insomnia etc.
4. Drinking pyramid-energized water cures conjunctivitis and other eye problems; helps digestion; gives the skin a healthy and youthful glow etc.

3. Out-of-Body Experiences :

1. *Meditational, i.e., out-of-body experiences are obtained much easier if done inside a Pyramid.* Through the travels in Astral Body, we can explore many other Frequency Universes and thereby expand our Knowledge and Consciousness.
2. Dreams become clearer. They take on the quality of normal waking state. *We understand that dreams are our normal nightly soul-journeys into Alternate Realities.*
3. Our whole being is revitalized; and the mental, intellectual capacities are increased.
4. Kundalini, and the energy centres in our Etheric Body, become activated easily, culminating finally in the opening of the Third Eye. Consequently, we become clairvoyants, having the capacity to see Akashic Records, wherein the 'past', 'present' and 'future' are all recorded.

Pyramid Construction:

1. "Pyramids can be made from ANY material."
2. "For every one foot of height, the corresponding sides would be feet and base, 1.5708 feet. Side is measured from corner to the apex height is the vertical height from the apex to the base, i.e., perpendicular from the apex to the base."

HEIGHT	BASE	SIDE
3	4.71	4.48
4	6.28	5.98
5	7.85	7.47
6	9.42	8.98
8	12.57	11.96
10	15.70	14.95
11	18.85	17.93

3. "When the sides of the Pyramid are in place, they will be forming an angle of 52 degrees 51 minutes to the base, a miniature replica of the Great Pyramid."
4. "The Pyramid must be aligned to the four cardinal points i.e., north, south, east and west. One of the sides can be used as the north-south line. A compass can be used to align the Pyramid on magnetic north."
5. "In placing objects, measure a distance vertically 1/3rd of the distance from the base to the apex and directly below the apex."
6. "The bed should be placed so that longer sides lie along north-south and shorter sides on the east-west line. The head should be on the north side and feet on the south side. While sitting for Meditation, always face north."

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- | | | | |
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CHAPTER -4





MEDITATION

What is Meditation?

Before we try for understanding what Meditation exactly "IS", it is better to know what Meditation exactly is "NOT"!

Meditation is NOT 'Contemplation':

In English language, the phrase "meditate upon" is often used, which means "contemplate deeply" or "reflect upon the pros and cons", or "ponder on" etc. However, in spiritual parlance, the term 'Meditation' does not refer to 'contemplation' or 'pondering'.

Meditation is primarily NOT an intellectual or mental exertion.

Meditation is NOT 'Chanting':

In Hindu tradition, Meditation or Dhyana is usually misunderstood as 'chanting' or repeating a divine name' In fact, that is only "japa". Japa is constant repetition of a name or Mantra. Japa is very commonly resorted to still the mind. However, stilling the mind through Japa is a very, very long drawn-out process.

Meditation is NOT 'Prayer' :

'Prayer' is nothing but a 'petition' to some unknown power, with a request to take care of one's difficulties.

Supposedly, the 'Gods' are to be carried away by the enlogising and Petioning and will readily resort to granting all the requested boons!

Meditation IS 'Seeing':

Meditation is not "contemplation"! Meditation is not "chanting"!

Meditation is not "prayer"! Meditation is, primarily stilling all the waves of the Mind, and secondarily, it is 'seeing', or 'witnessing' the activity of the 'Self' or 'Consciousness'. Meditation is a non -intellectual, non-mental and non-verbal phenomenon.

Meditation is awakening oneself to Altered States of Consciousness:

Meditation is awakening oneself to altered states of Consciousness, wherein one will perceive alternate frequency - reality systems, which are all simultaneously co-existing with the present 'VIBGYOR' frequency universe. Our present time-space continuum is but one of the infinite number of other time-space continuums, which are all vibrating at different frequencies. When you are in the act of perceiving and interacting with the non-ordinary dimensions of COSMIC REALITY, you are said to be in Meditation. Cosmic Reality includes all the separate, but inter-connected, individual frequency-reality universes.

Meditation is silencing the 'inner-talk' and seeing with the 'third eye':

Meditation begins with the silencing of the normal mental activity. There is a constant 'inner talk' that is going on incessantly whenever a person finds himself/herself unoccupied. This continuous inner chatter is called as 'Chitta'. *Rishi Pathanjali defined yoga as 'Chitta Vritti Nirodhaha'.* That is Meditation is the total cessation of the inner mind.

The immediate consequence of the cessation of this chitta, inner mind, is the happening of 'Seeing'. You begin to see flashes of alternate frequency realities. This 'seeing' is done with the help of the activated third eye. Third Eye is 'Ajna' Chakra. Ajna Chakra is the sixth great energy vortex in the Etheric Body. 'Etheric body' is the second of the seven bodies of man; it is also called as 'Pranamaya Kosha'.

When to Meditate? :

Any time is right time for Meditation ! However, early morning i.e., pre-dawn hours are the best, as we would be in a proper state of freshness after a full night's sleep. Moreover, there would be darkness still around. Meditation should always be done in darkness. Definitely so, for a beginner. In day time, lights should be switched off and all windows closed so as not to let in any light.

How long to Meditate?

One should sit for a minimum of 40 minutes in each Meditation Session. Shorter duration will not be of much help. Slowly, one gets habituated to devote more time. *More the duration of a session, deeper would be the state of Meditation.*

The Process of Meditation

The whole process of Meditation can be divided into different stages. In terms of Pathanjali and the Buddha, they are as follows:

	PATANJALI	BUDDHA
1)	Asana	Ana-Pana-Sati
2)	Pranayama }	
3)	Pratyahara }	Vipassana
4)	Dharana }	
5)	Dhyana }	Nibbana
6)	Samadhi }	

Asana or Comfortable Posture:

"Be Still and Know Thyself" - this has ever been the constant refrain of all Seers.

Stillness of the Mind cannot be achieved without a prior physical stillness. As such, learning to sit still absolutely quietly, and without any movement of the physical body whatsoever, is the first step in the process of Meditation.

Pathanjali has said 'Sthira Sukhamasanam', i.e. any comfortable and stable posture can be adopted. However, the best posture is the normal cross-legged sitting posture. This is called 'Sukha-Asana'. Further, the spine, the neck and the head should be kept, as far as possible, in one straight line. Bhagavad Gita has said 'Samah Kaya Shirogreevam'.

The hands should be clasped together. This is so because the etheric energy that normally oozes out of the etheric finger-tips should be conserved and kept within one's own self.

Eyes should be closed and then we go on to the next step.

Pranayama, or Ana-Pana-Sati, or Observing The Breath:

After having taken a comfortable and stable posture, having kept the spine erect, having clasped the hands, and having closed the eyes, one should immediately begin to observe one's own breathing.

'Ana-Pana', is a Pali phrase to indicate 'in-breath' and 'out-breath'. 'Sati' means 'to be with'. Thus, 'Ana-Pana-Sati' means to be one with the in-breath and out-breath.

Normally, man is not at all conscious of the breathing process that is constantly going on in the body. This is so because he is constantly involved in incessant listening, speaking, or thinking activities. Even while he is not doing any of the above, there is a

constant 'inner chatter' that is going on, which occupies his inner attention.

However, in Meditation, we are to do away with all these activities and concentrate solely on the breathing process. *The objective is to be aware only of the breathing process and nothing else.* This is called 'conscious breathing' - as against the normal 'unconscious breathing' that constantly goes on in the body.

It is perfectly natural that the mind keeps straying off in the beginning and it should be our effort and mission to bring our attention again and again to our chosen object of breath. *By and by, with constant practice, we would soon be able to achieve being one with the breath, to the exclusion of all other thoughts.*

While Ana-Pana-Sati is being practiced, a few points have to be remembered -

- 1) There is no need for any 'deep' breathing.
- 2) No 'Kumbhaka' is to be attempted. 'Kumbhaka' is holding or withholding of the breath inside or outside.
- 3) Easy and natural breathing is to be done (as the physical body is naturally accustomed to).

Has not 'Taoism' repeatedly stressed that -

"Easy is Right, Right is Easy:

Easy is Natural, Natural is Easy:

Natural is Right, Right is Natural:

Keep to the Easy. Keep to the Natural - and you will always be Right!

So, only easy and natural breathing is to be adopted. As Ana-Pana-Sati is practiced, we approach the next phase.

'Pratyahara' or Inwarding of The Outer Senses:

What happens to you when you are one with your breath? You will encounter a wonderful new silence!

Soon, you will find that the magnitude of breath becomes shorter and shorter. *Finally, the breath becomes so short that it seems to take place only in the upper part of the nose or what is called as the 'nasika-agra'. This is the space between the two eyebrows.*

We find, now, that the 'inner-chatter' has totally ceased and that we are in a state of deep inner silence.

We enter into such a deep inner silence that we lose totally the awareness of our breathing process too.

Now, we cannot hear outer sounds; we go beyond them. This stage is called 'Pratyahara' (Prathi+Ahara) i.e., total inwarding of the outer senses.

'Dharana' or 'Vipassana' or Activation of The Inner Senses:

What happens when one is in a state of deep inner silence? 'Things' will begin to happen! One will begin to encounter entirely new and unearthly phenomena!

One may begin to hear new sounds, see new sights and smell new scents. One may see absolutely brilliant light and new worlds. One will find oneself face to face with several new reality systems.

It is natural that in the beginning one would be unable to make 'head' or 'tail' of these new snapshots that one sees. However, one becomes an adept soon and a measure of control in 'seeing' would be achieved. This is the beginning of interaction with the new realities with a greater degree of will and purpose. This is the stage of establishing contacts with astral persons and having dialogues with them. Questions may be put and answers received - all telepathically.

Now, we proceed to the next stage i.e., dhyana.

Dhyana or Astral Travel:

The Sanskrit word "dhyana" is actually "dhi-yana".

"dhi" = the complex of subtle bodies, and "yana" = travelling.

Thus, 'dhyana' means 'travel in higher bodies', i.e., astral, causal or cosmic bodies. *Remember that man has seven bodies.*

Suddenly, we may find ourselves outside our bodies and we may be travelling at a fast pace in new frequency-worlds. This is much like our travelling in a train while seeing the fleeting sceneries through the window.

One may also encounter the classic "tunnel experience" i.e., one will see oneself travelling in a deep, tunnel-like hole, at the far end of which one will emerge out into brilliant light and bright worlds. This stage is called as 'Dhyana'.

It is, natural that in the beginning, it would be a rather random or spontaneous or uncontrolled travelling. But soon, with greater practice, one achieves willful and directed astral travel.

And, at deeper levels of Meditation, one will also encounter another phenomenon called 'Kundalini Awakening'. 'Kundalini' is a force that is locked upon in the etheric body in the 'Muladhara Chakra', and when aroused, will help in the activation of subtler energy centres right upto the 'Thousand Petalled Sahasrara'. This results in the activation

of one's higher bodies like the spiritual and cosmic bodies. Subsequently, corresponding higher worlds are visited with the help of these vehicles. Only Ascended Masters live in these worlds.

Samadhi or Nibbana or Enlightenment:

After an immense amount of 'dharana' or 'vipassana' i.e., third eye seeing, and an immense amount of 'dhyana', i.e., astral travel, what naturally gets ensured is Enlightenment.

Now, one would be able to see and know for oneself one's true multidimensional nature; and, also the nature of the whole " COSMIC REALITY ". One would begin the research into one's own 'Akashic Records'.

Whatever has 'happened', is 'happening' now, or 'will happen' in 'future' times, in the various parallel 'physical' planes, is all automatically recorded or impressed in the etheric matter of the astral worlds. These records are readily available to trained astral vision.

Going through the whole tapestry of one's own infinite life-times, one would perceive the inter-connecting thread of the Law of Karma kneading through all of them. One would gradually arrive at the grand understanding (as per 'SETH') that-

"You create your own reality, wherever you travel, and in whichever dimension you find yourself".

This state of understanding is Enlightenment. This is the stage of 'Samadhi'. Samadhi can be interpreted as 'Sama-dhi' or the state of perfect equanimity of intellect, or also as the stage of having obtained all the answers or 'samadhana's. This is the stage of 'Nibbana' .

Now, *in this state of Enlightenment, Samadhi or Nibbana, one is unaffected by all the dualities like birth/death; loss/gain; pleasure/pain etc.* The restless nature of the mind is truly and finally overcome. The intellect is freed forever from the encumbering 'Chitta' and is available for the first time for performing its ordained function of Research and Investigation into Cosmic Truth and Accumulation of Practical Wisdom.





THE PROCESS OF MEDITATION

"Close your eyes and relax your body.... Take all the time you need to get comfortable.... Shift muscles.... Stretch and relax... Make sure your spine and neck are not held stiffly. There is no stiffness here... Just comfort, the beginning of calm.... There is no hurry now.... There is nothing else to do.... or think about.... Just relax."

"Notice your breath.....

Inhale slowly

Exhale slowly...

Let your breath sink in and out...

Your breath is a rhythm of calm...

Follow your breath...

Be still....

Be your breath....

Use your mind to follow

your breath ... in... out... in... out...

That is all.....

Be your breath

Be your breath....

Be still.... Be still... Be still...."

(Source: "Life's Companion" by Christina Baldwin)

CHAPTER -5





MEDITATIONAL EXPERIENCES

It is again and again commonly asked - "Why should we resort to Meditation?", "What do we do stand to gain?".

In reply, it can only be repeated that Meditation has wonderful pay-offs at various levels. At the physical level, it drives away dis-ease and gives us health, ease.

At the mental level, it banishes tiresome-ness and brings-in a vivacity and a freshness.

At the intellectual level, more and more clarity, in all we think and we feel, is the result.

However, it is at the spiritual level that the highest pay-offs are obtained. *Meditation should primarily be resorted to have Spiritual Experiences. Things of the mundane are left behind and we have other-world, other-dimensional experiences.* Such experiences are revealing, ennobling, and enlightening and give meaning, purpose and zest to our lives. The end result is we become KNOWERS and SEERS.

Spiritual Experiences experienced could be anything-'out-of-body' astral travels, telepathic/voice messages received, clairvoyance, precognition, past-life recalls; meetings with Masters and other-dimensional denizens; ability to communicate with all life around, ability to read akashic records etc., etc.

'SHRUTI' AND 'SMRUTI'

'Shruti', as differentiated from 'Smruti' is what is 'heard' or what is 'revealed'. *Shruti is what we 'HEAR' when our normal thinking faculty is totally shut down*, as in the case of meditation, trance, vivid dreams or in rare states of extreme stress. At such times, we tune into different dimensions, other than our normal or waking one and

receive messages from one's Overself or from other persons. Such information or data is called 'Veda' or 'Knowledge'. Only Shruti is considered as valid proof.

'Smruti', on the other hand, is the result of our normal contemplative thinking faculties. Smruti enlarges our understanding of 'THIS' dimension, whereas Shruti brings to us knowledge of 'OTHER' dimensions. Shruti also gives to us knowledge of the true state of 'THIS' dimension - as seen and explained from Greater Reality.

Rishis or Seers are wedded to Shruti, while philosophers and scientists are wedded to Smruti. Smruti is the use of 'THIS MIND', while Shruti is the use of 'OTHER MIND'.

All Meditational Experiences are 'Shruthi'. Books written by Meditators and Channelers form THE MODERN VEDAS!

SOME EXAMPLES OF 'SHRUTI'

Following are some of the Meditational Experiences of a few members of The Kurnool Spiritual Society, recorded immediately after the respective meditation sessions.

The telepathic questions/answers and actual astral travel experiences are recorded verbatim and presented as such. For detailed and more information as to their other experiences and their transforming effect on their respective lives and personal contact with the concerned meditators - is advised.

Following are a small selection from the vast Galaxy of the Members of The Kurnool Spiritual Society, who all had different spiritual experiences. It is our intention to publish all the Experiences of all the Masters in due course.

N.G. SHOURY

Mr. N.G. Shoury obtained the following answers, (presumably from his Overself), to questions put during meditation. Some answers were heard distinctly in voice, and others were received telepathically.

1-9-90: "What is Truth?"

"Truth is like a seed. It has many dimensions. As a seed you see one dimension only. When it sprouts and grows into a plant you see a different thing and when it becomes a tree you see yet another thing. There are different dimensions to Truth. One can never say 'I know all the Truth'."

18-9-90: "What is a 'Problem'?"

"A problem is a clash of ideas. When the 'I' joins it, it becomes a problem. When the 'I' is away, it is not at all a 'problem'."

"When a 'problem' arises, do what you want to do and then just detach yourself from it. Do not worry about the results."

19-9-90: "What is 'Meditation'?"

"Meditation is just going into other dimensions. It is entering into a different consciousness, a different vibration."

"What is 'Life'?"

"Life is living. Living every moment; when you are happy, be in happiness; when you are sorrowful, be in sorrow, do not try to escape, just be in that state. To be in that state is living."

20-9-90: "What is 'Sorrow' and what is 'Happiness'?"

"There is neither 'sorrow' nor 'happiness'. It is only interaction of forces in nature. When you 'get', you will be 'happy', and when you 'lose', you will be 'sorry'. Be a witness to overcome these states."

14-10-90: "What is 'Jnana'?"

"It is knowledge of difference between reality and appearance."

"What is 'Wisdom'?"

"Wisdom means right action at right moment."

15-10-90: "What is 'Sincerity'?"

"Doing a right thing in a right way."

21-10-90: Swami Yogananda Paramahansa appeared and answered the question this time.

"What is 'Sadhana'?"

"Applying mind to the action to reach a goal."

22-10-90: The following again are the answers given presumably by the overself of Mr. Shourie.

"What is 'Fate'?"

"Fate is your own making. You think and act out your fate."

22-10-90: "What are 'Sorrow' and 'Suffering'?"

"They are moves in tunnels of ignorance."

22-10-90: "What to 'Do'?"

"Go ahead to the end of the tunnel. Then you see light."

23-10-90: Sri Satya Sai Baba appeared and answered the following question.

"What is 'Death'?"

"Death is a transformation of consciousness to other dimension i.e., from the limited to the unlimited. 'This consciousness' is limited by space, time and senses. Although you go into the unlimited, i.e., after death, you will still be limited by what you have learnt in this life. So one must free oneself from all the limitations in this world itself. Your experience of the unlimited depends upon your choice. Temporarily, you are constantly going into other dimension i.e., in thinking, in dreams and in meditation. However, because of the physical body, you come back again. Once you die, i.e., vacate the body permanently, however, you will be free."

28-10-90: The following again are the answers given presumably by the Overself of Mr. Shoury.

"What are 'Heaven' and 'Hell'?"

"Heaven is freedom of choice. You ask, you get. Hell is a burden of limitation. You are burdened with a sense of sin, guilt and ignorance. You are trapped and suffocated. You don't know how to choose. You have to free yourself from the limitation to reach Heaven. Religion is also a burden of limitation."

8-11-90: "What is the Purpose of Life?"

"The purpose of life is to make the limited, unlimited. To learn to live in the limited, to reach the unlimited."

10-11-90: "How to go from Limitedness to Unlimitedness?"

"Take any life situation like birth, death, happiness/unhappiness, hatred/jealousy. Then go into meditation and try to see the limitedness of it and go beyond it."

20-11-90: "How to do Sadhana?"

"First of all one should dismantle all beliefs, religious or scientific, and superstitions. Then select any Master. Then select a field of research. whether it is astral travel, healing, prediction or past-life records etc. Then ask your Master to lead you and he will show you the way."

26-11-90: "What is 'Evolution'?"

"It is growth into different dimensions. To evolve, one needs strong desire, a need, and will power."

27-11-90: "What is 'Sleep'?"

"Sleep is a state when the watchful consciousness loses its grip on the organism. Then organism relaxes and takes rest. During this state it regains the spent energy and

rejuvenates. The body is on the auto-gear. The sub-consciousness takes hold and you slip into a dream state."

27-11-90: "What is a 'Dream'?"

"It is a state when sub-consciousness comes to the surface and slips into eternal time. There is no past, present or future. The experience begins to weave into symbol. The reason and logic of the wakeful state is thrown out of gear. The language of symbol takes hold. With will power, one can direct the dream and understand the language."

28-11-90: "What are Alternate Selves?"

"Alternate Selves are link antennas sending and receiving information. They do investigate similar kinds of information and work. They may not know each other but they can understand each other when they come face to face. There may be innumerable alternate selves doing the same kind of spiritual work simultaneously. If one understands the concept of alternate selves, one can develop at a greater speed."

28-11-90: "What are Akashic Records?"

"Thoughts and feelings of each and every one are recorded like vibrations - just like the voice is recorded on the magnetic tape."

"How to find out?"

"Only through Meditation. During sleep also you can find it. You must ask specifically."

29-11-90: "What is 'Nirvana'?"

"Nirvana is the soul merging in the infinite without losing its identity after death. An unenlightened soul after death, feels suffocated in the unlimitedness. An enlightened soul after death merges in the unlimitedness without difficulty. The Nirvanic Experience can be attained in Meditation also."

29-11-90: "What is the 'Astral Body'?"

"Astral body is Energy Body. During astral travel it collects energy and gives it to the physical body. When the physical body fails to receive energy from the astral body, one dies."

"The astral body meets different bodies in astral travels and gathers information and it becomes part the consciousness of the person."

"When one is sick, most of the time the astral body will be outside, roaming in different worlds, collecting energy. Before one's death, the astral body meets the souls

of near and dear. It contacts and speaks with them, who are on the other side. The person would like to meet them as early as possible and will gradually lose contact with the physical world."

30-11-90: "What is the 'Etheric Body'?"

"Etheric is the light body. It emits light. When one is healthy, etheric body will be stronger."

30-11-90: "What is 'Aura'?"

"Aura is the light emitted by consciousness. The colours of the aura change according to the level of the consciousness - body consciousness, physical consciousness and spiritual consciousness. The colour changes and expands as the consciousness and thoughts change."

"An enlightened soul can retain the spiritual consciousness all the time and the change of colour in the Aura will not fluctuate much."

19-12-90: "Where does one go after Death?"

"There is no fixed place for anyone. It depends upon how much one has evolved on Earth. A highly evolved soul may go to one place. A less evolved soul may go to a different place."

19-12-90: "How much time does it take for a person to come back to Earth?"

"It depends on how much one is evolved. For a highly evolved person it may take a long time. The less one is evolved, the quicker he returns to Earth."

19-12-90: "Are there Evil Spirits/Souls?"

"Yes! *People who have not evolved and who are possessed with passions like jealousy, hatred etc., become earth-bound after their death.* They don't understand the higher life. They try to do harm and play tricks with others. However, they cannot influence enlightened persons. They are quite helpless before them. Only unevolved persons and weaker minds are affected."

22-12-90: "How is the body affected by diseases?"

"First the astral body is affected by thought forms. Then the mind feels fear, confusion and anxiety. The astral body may get some fearful and dreadful dreams. Then the body cells absorb it and the disease is caused so it takes time to reach the physical body from the astral body. If you are aware of it, you can prevent it by expanding the consciousness through Meditation."

30-12-90: "Do we create our own Problems?"

"We don't create our own problems, but the situation is created for us. When we step into it, we are caught by the problems."

"Do problems have any spiritual significances?"

"Yes! *The problem is not important. The struggle against the problem is very important.* We have to identify and ascertain whether it is an ego problem, a problem of ignorance, or a problem created by society etc. When we correctly diagnose the problem, we see light and the problem ceases to be a problem."

3-1-91: "How do things or events happen?"

"First they are formed in the astral. The mind of a person acts as an antenna. Each person receives it according to his or her nature. As it enters the mind, it grows into an idea. Gradually the idea becomes an actuality."

5-9-91: "Is desire the cause of Sorrow and Suffering?"

"No! *Desire is essential for man's growth and well-being. It brings sorrow and suffering only when it clashes with others' interests.*"

5-1-91: "What is the cause of Sorrow and Suffering?"

"The cause of sorrow and suffering is lack of knowledge and understanding."

"Are riches and poverty hindrance to spirituality?"

"No! They have nothing to do with it. *Spirituality comes from the knowledge one has from previous births i.e., from the bank-balance that one has.*"

12-2-91: "How to expand consciousness?"

"First remove 'religious' and 'scientific' beliefs and change your attitudes about life and its problems. Then be aware of wakeful and dream states. Finally, change the frequency through Meditation and try to contact other dimensions."

30-5-92: "What are Frequencies?"

"We live in different frequencies. Thoughts are frequencies, Anger, jealousy, hatred, lust and love are frequencies through which we constantly travel. Each frequency produces a particular vibrations. Some frequencies are destructive and some are beneficial. When you are aware of the frequency, you can change it consciously with your will-power. The beneficial frequencies are empathy, universal love, 'you are that' etc."



MORE EXAMPLES OF SHRUTI

T. SATYANARAYANA

T. Satyanarayana of Kurnool, received the following messages and advices from Sri Nityananda, his regular guide in Meditation.

20-9-90: "How to expand 'Aura'?"

"For extending your aura, you should expand your inner consciousness. Then the aura will expand automatically. Try to become a guide yourselves, do not ask for a guide for long."

"What is 'Death'?"

"Translation of life into another form."

10-10-90: What is the use of Astral Travel?"

"It is a fount of knowledge. You can see nature's beauty, seen and unseen things, and nature's creation. It will go a long way to help you in your Meditation."

"Can we go long distances by Astral Travel?"

"Why! We can travel like an ant or soar like a plane! We can travel at the speed of light or at the speed of thought!"

11-10-90: "Why should we listen to others' experiences?"

"You should listen to others' experiences as it is knowledge."

15-10-90: "What is 'Meditation'?"

"Meditation is like oil burnt in the cup of the body for kindling the light of consciousness. You should always keep the cup full as long as your physical body exists."

"When can I raise Kundalini?"

"Great heights achieved and kept by great men are not got by sudden flights."

Then he himself questioned Mr. Satyanarayana as follows:

"Did you get pain in the stomach and feel something rotating in your stomach and hot air emerging from your nostrils?"

"Yes, Swamiji". Satyanarayana replied. Then Swamiji said, "The kundalini is now like a hood of a snake and it will rise automatically and it is the sign of rising of Kundalini."

Mr. Satyanarayana put some more questions.

"What is 'Suffering'?"

"Suffering is an energy. It may make you strong or weak. With your will-power, it will make you strong."

"Is it essential?"

"Suffering is essential for the development of an individual."

16-10-90: "What is 'Knowledge'?"

"Knowledge is experience gained through analysis and synchronization in Meditation."

"What is 'Ajnana'?"

"Forgetfulness of the consciousness within."

"What is 'Tolerance'?"

"Tolerance is giving unto others what you desire most. Because one who desires for himself most will not give it to others."

28-10-90: On this occasion Mr. Satyanarayana could see Sri Satya Sai Baba, who came to watch the people practicing Meditation. And along with Mr. Satyanarayana, T.Venkataswamy and Mr. Narasimha also could see Sai Baba and talk to him. Firstly, Sai baba gave the following message.

Message From Satya Sai Baba

"I have come to this world to relieve the people of their ignorance and give them knowledge and truth and set them on the right path."

Mr. Satyanarayana further put the following questions to Sai Baba:

"What is 'Life'?"

"Life is nothing but experience, knowledge and bliss."

"What is 'Meditation'?"

"Meditation is the first step and threshold towards realisation of the inner consciousness."

"Is it necessary that Meditators should observe celibacy?"

"It is not necessary for house-holders to observe celibacy. However, they should not have illegal or illegitimate contacts."

28-11-90: On this occasion, his regular guide Sri Nityananda appeared and answered the question.

"What is 'Levitation'?"

"Truncation of magnetic attraction of Earth by concentrating on the inner consciousness. One should be on the right path of Meditation that is love of others and avoiding unnecessary killing. In levitation, you cannot go beyond the lunar."

16-5-92: On Buddha Purnima day Lord Buddha appeared and the following discussion took place:

"What is 'Knowledge'?"

"Knowledge is knowing thyself through self-evolution by means of Meditation."

"What is 'Death'?"

"Death is not a phenomenon. It is a change place from the present to the future."

"What is 'Sleep'?"

"Sleep is nature's kindly agent, to be used frugally."

"What is your Message?"

"Let all human beings be united in the search for self-realisation and let there be peace on Earth." (During meditation, the old Sage Sameer Baba and Sri Kasi Reddy Nayana also appeared separately and appreciated the efforts in search for truth particularly on the Buddha Pournima day)

"Meditation is withdrawal from Outer Senses and seeing through the Inner Senses."

In Mr. Satyanarayana's own words :

During my Meditation at 11-15 p.m., one day, my Guru appeared before me and entered into my body through my Sahasrara. Immediately my body became heavier

and my face became swollen, as it was my first experience. I became confused and could not realise that my Guru had graced me with his august presence! But I continued my Meditation. Then I clearly saw my Guru getting into my body again through the Sahasrara. I became bold and I put him a few questions to clear my doubts.

"Who is 'God'?"

"I am God."

The tone was as if the words were coming from deep inside a ravine.

Next question I put was

"Where is 'God'?"

"In me and you."

"What do you want me to do?"

"Preach and propagate Meditation."

On another occasion, I had the good fortune of meeting my Guru during my regular Meditation. The time was 1-15 a.m., when we were in Group Meditation, he appeared before me in the form of a tiger. Since I had seen my Guru on several occasions. I was not perturbed by his appearance in the form of a tiger. He swallowed me and ran swiftly into a forest. I felt suffocated in his belly and started coughing. Then he let me out from his stomach! We were then in a thick forest and the place was unknown to me. We both travelled for some more distance and *I saw a Sage sitting in Meditation on a small hillock. My Guru told me that the person was "Sage Valmiki"! The place had great vibrance and attractive aroma.* Golden aura was completely engulfing the Sage. He was wearing just a loin cloth and his beard and locks of hair were pure white and matted. I took a step forward to touch his feet. But my Guru commanded me not to go near him. Then I came back in the form of a crow to the place where we had started and I hovered at the roof-level for sometime before entering my physical body. I could clearly see my ASTRAL BODY in the form of a crow.

Another time, my Guru appeared before me and took me for astral travel in the form of a swan. We reached the Himalayas and flew to a lake where I saw blocks of ice floating in water and the water itself was clearest-possible blue in colour. *My Guru told me that the lake was "Manasa Sarovar".* We both entered the lake and started swimming in it. There were several other swans in the lake and my Guide told me that they were not ordinary swans but human souls in their Astral Forms, just like ourselves. After sometime we came back to my residence. On my way home, my Guru asked me "Can you guess the time we have spent in the Manasa Sarovar?" I said, "No, Guruji, I have no

idea; and, I have lost track of all time". He said, "We have spent nine hours in the lake". I felt Swamiji has put his question only to emphasize that the time factor in astral fields has different dimensions. It can be reduced or increased as suits the occasion. We can travel in astral field with the speed of light or we can reduce it as per our convenience.

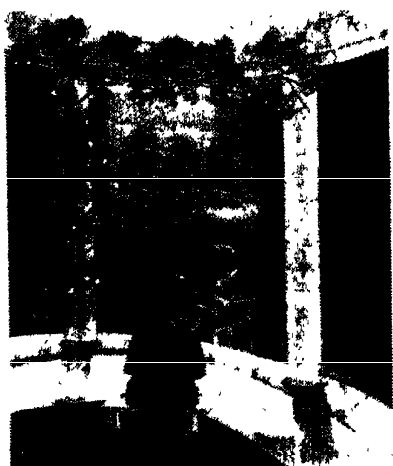
Again, one day, my Guru bestowed on me his grace by his appearance. The time was 12.15 p.m. He took me for astral travel deep into a forest. During our journey I braved a question. I told my Guru that I was anxious to know about my previous births. He just laughed at my request. In the forest we came across several animals like tigers, elephants, leopards, deers and snakes. At last, we saw a squirrel eating a fruit on the branch of a tree. My Guru showed me a squirrel and said that I was squirrel in my immediate previous birth. He said that I had taken several births earlier before being born as a human being.

In my several sittings in Meditation. I had the good fortune of seeing Lord Christ, Buddha and other Sages.

Recently, in one of our Group Meditation sessions, I was graced by the presence of the great "Lobsang Rampa"- a Tibetan Lama. He took me in astral travel to a village near Tibet by name "Soho". That was a typical monastery. I saw several Tibetans enjoying drink from their sacs. On our entrance they all got up and saluted to Guru Rampa. He bade them to sit and we sat on a wooden bench. They offered the drink in a mud cup and told me that the drink is called 'Tsampa' and that it is their traditional drink. It was neither sweet nor sour, but had a peculiar taste. Then I came back to my physical body.

Persons who read these revelations of mine are apt to think that they are purely imaginations hallucinations or concocted stories. But whatever others may think of these strange experiences of mine, I personally know that I had my life's experiences by the grace of my Guru and Guide Sri Nityananda.

The Experiences are true and real in nature.





GNANA PRAKASH

"MY EXPERIENCE AT MANTRALAYAM"

26-9-'91: Early in the morning, at 4 a.m., I sat for Meditation in the premises of the Raghavendra Swamy temple.

I went inside the temple astrally and saw Raghavendra Swamy meditating. As I reached him, he opened his eyes. The eyes looked like two bright globe-like balls! I stared into his (rotating) eyes for some time but could not see into the eyes for a longer time! I put questions, and he answered as follows:

Q. "What are the theories of 'Dwaita', 'Adwaita' and 'Vishistadwaita'? How are these evolved? Which is correct?"

"'God' is nothing but power and energy. A man sits in Meditation and expands his consciousness and mingles with outside energy and thinks that he and God are the same. So Jeevatma and Paramatma are same. This is 'Adwaita'."

"When a person identifies himself as one energy and sees another greater energy outside, he thinks that he and God are different. So Jeevatma and Paramatma are different. This is 'Dwaita'."

"When a person identifies himself as one energy and perceives the greater energy, God, existing side by side, parallelly and thinks that he and God are existing parallelly it is 'Vishistadwaita'."

"But all are correct! It is only a difference of perception."

Q. "Did you teach Devotion? And why are people indulging in Devotion?"

"I didn't teach any devotion! After attaining the Samadhi, people started praying to me and offering devotions to me!"

Q: "Is it (devotion) good?"

"No! It is not correct; you know that already; then why do you ask?"

Q: "Which is better, vegetarianism or non-vegetarianism?"

"Vegetarian food sharpens the brain; non-veg. food makes the brain blunt."

Q: "Why do people have problems in life?"

"Man is creating his own reality. With his ignorance and lack of knowledge he creates problems and confusion in his life."

Q: "In which Chakra am I at present?"

He said I was in the 5th chakra and he showed the true body of mine. Only aura is seen around with darkness in the central. Five chakras with bright colour appeared.

Q: "What was your incarnation subsequent to this one?"

"Narayana Guru Swamy"; after that no incarnation."

After that I asked him to give some Jnana. He put his hand on me and a white light came from his hand into me. Afterwards, a vision of bright white triangle, with a person meditating inside began to come to me for some time.

VIJAYAMMA SHOURY

1-1-1991: On this day, during the meeting, Shri B.V. Reddy suddenly asked me "Are you able to see any astral persons?" I said - *"Rampa accompanied me in the jeep right from our house!"*

Yesterday night also I asked Dr. Rampa if the function would be successful. He said "There is no need to worry; everything will go alright!"

Later on, after the function was over, after an hour, at 10.50 a.m., I saw a black-faced yogi with white hair coming briskly towards the site from the Bridge Side. He had a 'kamandalam' in his hands! I got the feeling that he was thinking to himself "I have found a very nice place to meditate. I can take bath in the river too". Then he disappeared into the foundation pit. He was chanting some mantras too.

(On 1-1-91, foundation was laid for the "Buddha Pyramid Meditation Centre" and a meeting was organised on the occasion)

SIVA RANGA REDDY

30-11-91: During Meditation, Buddha appeared and the following questions were put and they were answered.

Q: "What do we do in samadhi state?"

"When you are in Meditation, people in the physical level cannot perceive what you are doing; similarly, when you are in samadhi state even astral persons cannot perceive what you are doing."

"When your consciousness expands, upto your aura level, you are in Savikalpa Samadhi."

"When your consciousness expands, upto your total knowledge circle, you are in Nirvikalpa Samadhi."

"When you are trying to expand your consciousness into the whole universe beyond yourself, you are said to be in Nirvana."

Q: "Is it possible to expand one's consciousness to include the whole of cosmos?"

"It is theoretically impossible!"

T.VENKATA SWAMY

29-12-'90:- While I was meditating, my Guru Sri Satya Sai Baba appeared before me. I asked him to take me to Egypt to see the 'Great Pyramid'. My Guru obliged and took me to the Pyramid. Inside the Pyramid wall, I saw several pictures.

My Guru asked me to go ahead and sleep on the platform in the King's Chamber. *Minutes after lying down in the King's Chamber, a light came out of my astral body. I could see my 'astral' sleeping on the green colour stone-cot in the Chamber!* Then my Guru and myself came out of the Pyramid in the form of two lights and rose into the sky. After travelling for a considerable time we reached a city where there were tall buildings and people of 10'-12' height. There were also vehicles and they were moving at a height from the surface of the roads. There was also a Pyramid on the outskirts of the city. I asked my Guru- "What are the daily routine activities, and what is the food taken by the residents of the City?" My Guru told me, "Just as we take food and fruits daily, the people of the city also take the same type of food". He then plucked a fruit from a tree and asked me, to taste it. It was neither sour, not sweet, but had a peculiar taste.

I asked my Guru - "Why is the fruit tasting like that?" He said, " All the trees in the place taste the same."

He further told me that the people in that city do not do any other work except meditate and that there is no day/night. We went and saw their place of Meditation and I returned to my physical body.

S.GUNAKAR REDDY

3-4-1992: I met my new Master yesterday night. He clarified some of my doubts.

Q: " I can see many 'big bangs' in your face. But we already known about them. Some of our scientists have already found. How could they?"

"Whenever you concentrate on some point vigorously you will find a new thing."

Q: "Why are we facing population problem in our world?"

"So many souls are waiting eagerly to get reincarnation and get enlightened! Whenever they get a chance, they will want to have a rebirth. You have to control the population problem , not us."

Q: "Why 'Rishis', who are meditating in Himalayas, are not leaving their physical bodies even though they are enlightened?"

"You are wrong! Due to their meditation powers their bodies are not spoiled."

Q: "Why do enlightened souls take another birth?"

"To do what is needed to the people who are not enlightened, to teach them the right path. Sometimes, they come even to kill bad people!"

Q: "Why are male and female (two sexes) formed?"

"To enjoy!"

B.V.REDDY

15-1-'92: Shri B.V.Reddy, in his meditation, had conducted following conversation with a person who was broad-faced and wide-eyed.

Q: "I want to have a clear vision of yourself."

"Why do you bother about that? I am here to guide you in all respects."

Q: "I want to do astral travel. I want to see other Galaxies. Is it possible?"

"Yes, it is possible; but you have to wait for some more time."

Q: "Have I come into this line because of the importance of the place or is there any other reason?"

"The importance of the place is not that significant. However, your previous incarnation work has enabled you to come into this."

Q: "People say there is a Guide for the Pyramid. Is it correct?"

"Why do you think in that manner? There are so many guides to guide."

Q: "Why do people fear death?"

"A man who fears death is a fool."

Q: "Then how can a common man understand about this?"

"Enlightened people should teach about this."

Q: "When I myself am not enlightened, how can I teach others?"

"The knowledge you have is more than sufficient to teach about life and death."

Q: "Is it necessary that everybody should die physically?"

"Not exactly necessary! There are people who are living for hundreds of years."

Q: "We have never come across such people!"

"You are mistaken. There are thousands of people who are more than 200 years old."

Q: "How to obtain this kind of immortality?"

"Meditators should observe certain yogic kriyas and you must be a Jnani by yourself."

Q: "Normally, when we try to teach this subject people never want this; but by and large, they want to see miracles of physical manifestation etc. Is it possible for me to attain those?"

"It is possible. You can get the power. However, in the long run it is of no use."

Q: "Will it be possible for me to talk to Raghavendra Swami, through your help?"

"Why such hurry? You can speak to him at a later stage."

(Then, Shri B.V. Reddy saw Raghavendra Swami for a fraction of minute.)

SWARNAMALA PATRI

29- 1-92: Today, at 1.30 p.m., I sat in Meditation on the King's Chamber, inside the Pyramid.

I went into deep Meditation. I lost my body consciousness. When I wanted to come

back to my body, I couldn't come back. *When I came out with my astral body, I was shot up again in the next higher body! Like that it happened three times! That is, I came out in three higher bodies successively!* Finally, I could not enter the physical body with my own effort. So I prayed for guidance. Shri Kasi Reddy Nayana came, sat before me, and put his hand on my Sahasrara and helped me to come back. After I came back into the body, I saw Kasi Reddy Nayana in front of me. This was at 5.30 p.m.. This experience was the first of its kind for me.

T.VASU

19-4-'92: Today in the morning, I went into 'Pyramid' to do Meditation. At about 6.00 a.m., I sat on the King's Chamber. After being occupied with a myriad of diverse thoughts, I was successful in clearing all of those thoughts. And, finally, I lost myself into Meditation.

I started astral travel. I was travelling in a space where I had never been. Firstly, I saw a small 'Siva Lingam' far away. As I was proceeding towards that, it started growing bigger and bigger. When I reached close, my eye-range was not big enough to catch the Siva Linga's full structure with my small eyes!

From there, again, I resumed my journey. I came across a huge pipe-like cave, I went into it. After a while, I entered into a chamber where I found many couples indulging in "pleasure activities". Nobody was free to see me, to talk to me, or to discuss with me! I disliked that chamber and came out.

Again I resumed my astral travel. I was visible to me! I was happy to go that way and proceed that way. As I was going, a number of big, round-shaped rocks were coming rolling towards me, as if to crush me under them. But to my surprise, when they came near to me, I could easily brush them from my path towards light. I did the same thing in the case of all the rocks that were coming towards me.

Then I went towards light resuming my astral journey. When I reached the end of that cave and nearer to that light, I found a forest and a 'Gurukulam' over there. Many people were visible to me very conspicuously. I went towards the 'Guru'. He was teaching lessons about soul, astral travel, bodies and related issues. That too in English medium! When I showed interest in listening to the lessons, a great thing happened. Suddenly, I was thrown into flames, I got scared. I cried loudly and immediately a beam of white rays came out of the King's Chamber and I got drenched in those rays. Those rays soothed me.

Suddenly, all flames disappeared. And I got up! Indeed, I experienced a super-sonic power which was entering my body, making me more energetic and brave.

YENS GARNITZ

23-2-1992: Today, I started Meditation on the platform in the Pyramid.

First, I felt that my consciousness was expanding. It was filling the space of the Pyramid. After a while, the concentration was fixed on the third eye, in between the two eye-brows. Then a being approached me from my left side. It seemed to be very powerful. I also felt a lot of energy in the body; especially in the lower portion, it was very hot. *I could see something like a tunnel, consisting of rings placed one in another in the third eye.* Afterwards I felt something inside me which seemed like my body but it was different from the physical one. I identified myself with the new body. At the end I received a message from my partner, who was meditating along with me inside the Pyramid. It was a telepathic message that I should finish my Meditation.

I became so much attached to that place of Meditation that I didn't want to go out.

(Late) Dr. V.V.BALAKRISHNA

22-12-'92: First, I could see many people like Shirdi Sai, Satya Sai etc.

In addition to these people, many others were also seen. After a few minutes, I opened my eyes and started gazing. It was pitch dark inside the Pyramid. Yet, I could see dark sky with twinkling stars! I felt as if I was going into the sky in a space-ship! I enjoyed it!

This experience is similar to the one observed in a planetarium where we see the sky with stars. I hope others will also try this kind of gazing in the darkness.

I also saw a number of Pyramids. I went into one pyramid and saw many beautiful things. In another pyramid, I saw people meditating.

23-9-1992: I chanted 'OM' for a few seconds and went into Meditation. I saw Jesus descending in a magnificent way and coming towards me smiling. Later, I prayed to all Masters and asked them to come and bless me so that I can pursue the book-writing, for which I got committed. I thought of producing books on Meditation in Telugu for the benefit of people who know only Telugu. For this, I needed extra strength and hence the prayer. I saw a bearded man coming to me and blessing me. I identified him to be Aurobindo. Later, I saw Paramahansa Yogananda.

Earlier, some months back also, I saw a bearded man asking me to write books. He was standing before me showing me by gestures that I should start writing.

Last Friday, when my Master Patri Garu was playing flute, I experienced a divine

music. I saw a lotus slowly blooming to the full extent. Later, I experienced a flow of energy from the top along with a pyramid falling on me all of a sudden. This was followed by the visions of saints like Shirdi Sai. Today, when I thought of Sai, I saw Satya Sai blessing me to write books.

With this I feel elated and rejuvenated. This gives me the much needed support for my creative activity i.e., writing.

P. KESHA VA KUMAR

30-1-'92: Today at 6 p.m., I sat on The King's Chamber and started Meditation.

I could sit right and go into deep Meditation only after about 20 minutes.

Suddenly, I could see a Big Book (hope to the extent of my knowledge I have, it is Akashic Record) but none is seen. I could hear a sweet voice "Do you want to go there?" I said "No, my dear sir; but I want to know who you are!" I could get no reply, but I could see a screen with the same Pyramid with a number of people in a great rush. Mr. B.V.Reddy was calling me and I could not hear properly as a function was going on and everybody appeared very busy. Suddenly the same sweet voice said "O.K.! How is it? It is the future of the Pyramid". All of a sudden the frequency changed. Heavy headache started and I started gazing at the top of the Pyramid and came to know that I had received plenty of energy.

Again I sat in Meditation. But this time, without much of a long wait, I attained a very good stage of Deep Meditation. A big energy ball in golden colour was before me and a voice was there saying "Come on! get up and come with me". Without questioning, I started and I was in the front of Mantralaya Temple. The voice from the energy ball said "Sit with this body here in Meditation". Then I questioned "*Who are you Sir?*" *The reply in physical voice was "Sri Raghavendra Swami"*. Then he went into Samadhi and said "Come with me in the other body". I didn't know how but I was behind him and went down at least fifty feet and there was Raghavendra Swami in Meditation! He was in such a fresh body! I asked "Then, who are you?" I could get a reply: "Wait and see; many Raghavendra Swamis are here"; and within no time I could see a number of energy waves, balls etc., around the temple.

Suddenly, and slowly, everything became dark and I was back in my body.

S.N. PRASAD

2-3-'92: I sat for Meditation at 10.45 p.m., on 2-3-'92 and continued till 6.15 a.m. on 3-3-'92 with intermittent intervals.

Around 2.15 a.m., while in Meditation inside the Pyramid, I saw half of the eastern side wall torn open and I was able to see the open sky with light. Suddenly this portion of the sky with light started moving towards me and hit me with a force like thunder - bolt/lighting. It was like an electric shock to me. Immediately, I stood and moved towards the eastern side and shouted very loudly. This was a very frightening experience for me. Then I came out of the Pyramid for a 10 minutes break.

I resumed my Meditation at 2.30 a.m., and within no time a lot of energy started flowing (from bottom to top) within my body except in the eye region. Energy flowed like this three times.

PRAMOD

27-1-'92: I sat on the King's Chamber inside the Pyramid at 3.30 p.m., and started my Meditation.

Soon, I was in Deep Meditation and my experience started. I saw two donkeys fighting on the ground. They were rolling in the mud and suddenly they became still. Two heavenly beings came out of them and took the Pyramid up into the air. At that moment a red beam of light entered my forehead and I had a tickling sensation. Then I saw myself sitting in a crouching position. *An old man with Chinese features sat before me.* He asked me to get my back straight, but I told it would pain. He repeated that again and I again replied in the same way. He repeated for the third time and I again replied that if I sat straight my back would pain and I would lose my concentration and that I would lose him. He asked me not to worry and assured me that he would be there.

I then straightened up (physically) and he was still there. He took me around the Pyramid and he pointed to the wall above the steps saying that Mahatma Gandhi's Crystal was there (it was a green one). Before that he separated a body from me and said that it was my astral body. He took my astral body for a walk. We then passed through the entrance door and went for a walk around the Pyramid. He then asked me to go back as I was in great pain. I passed through the door again and joined my physical body.

It was a wonderful feeling.

PRADYUMNA

27-1-'92: I sat down on the floor behind The King's Chamber. Suddenly I felt my astral body being separated from my physical body . At once I saw Ramakrishna Paramahansa seated in front of me and calling me and he showed me the path to enter a temple which is on a cloud. As I was approaching the temple, I came across an old man dressed in white robes. At once, I recognised him as 'Sai Baba'. He had a stick in his hand and he put his arm around my shoulder and took me inside the temple. I found it was his temple and he took me to a huge Banyan tree and there I met Lord Hanuman. I could clearly see his eyes, chest, hairy legs and mace in his hand. As soon as I saw him, I started chanting 'Hanuman Chalisa'. He (Hanuman) took me again and showed Heavens

Md.IBRAHIM

30-8-'92: My first association with the "The Kurnool Spiritual Society" itself led me to Meditation.

It took me half an hour to forget the surroundings. It may look funny but the initial feeling was to open my eyes and say 'good riddance' to the whole affair!

It took at least twenty minutes for me to get rid of the feeling of strangeness. As taught by Mr. Patri, 'watching the breathing' helped a lot. After taking several deep breaths, I started feeling a new experience. Once my efforts to close the eyes was taken care of, a new phenomenon started manifesting slowly.

After the initial erratic breathing steadied into a regularity, suddenly the constricted blackness behind my closed eyes started spreading. The feeling was like this - you are watching something through a peep-hole and there is no light outside. Suddenly, the peep-hole starts enlarging in size and you can feel lot of space outside but still it is dark. The peep-hole still expands and you feel that it is no more a peep-hole but a floor-to-ceiling window. As the time passes (rather 'stops') you are no more inside a room looking at the space through a peep-hole, but you yourself are in the space. Only you can't see anything except that you feel that you are hanging in space (subsequently, I learnt that this phenomenon is explained as 'the astral body being liberated from within'!)

The space I could feel was pitch dark. Such a blackness I had never seen outside so far, in fact. I was scared and at the further end of this space I could see the tiniest light. When I started going towards it, I somehow had a feeling that I was slipping

through a tunnel at whose other end I could see a bright light. But the slipping, or falling, was at such a tremendous velocity that it was as though I was in an elevator whose mechanism is snapped and it is freely falling down! I was terribly scared and I wanted to open my eyes but couldn't. It was as difficult to open the eyes as my initial experience to close them. When I went through these tunnels, I could come into a split - second bright light. I crossed it and slipped into the next dark tunnel at whose end I could again see a bright light. After passing through successive tunnels, I saw a total bright light - and that was when I finally opened my eyes.

In my second sitting (between 11.30 p.m., and 1.00 a.m., the same day), the going was easier. I could see into darkness comparatively earlier than the first time. This time no tunnels appeared. Only a bright light coming nearer to me and then exploding into a million tiny bright lights. After this *I could see (rather feel) a number of bodies whose contours and structures could not be clearly made out. But I was certain they were there!* All this time it was such a pleasant experience - it was difficult for me to come out.

Such sittings, I managed, monthly twice or thrice, and on each occasion the initial experience was light exploding into a million bits.

Inside the Pyramid: Although I visited the Pyramid several times, I tried Meditation only once.

I sat on the King's Chamber inside the Pyramid in a relaxed posture and after a time I laid myself in Shavasana posture.

There were no disturbances nor any blinding lights. It was a feeling that I was in some sort of an amphi-theatre. Only there was nothing else, but some pleasant yellow light. Suddenly from the horizon of this light a face loomed near! By the time it (only the face) came nearer and it was as big as "Mahavir statue of Sravanbelgola! My whole body, I could see, was measuring upto the lower hip of the statue! *The face was quite alive. It was a caucasoid face with thick beard, chistelled nose and deep-set gleaming eyes! The mouth showed a tiny smile.* I tried to touch the face but it was not possible. I just went on looking at it till it merged into the light (subsequently, *I learnt that this was the face of "Sameer Baba"*, a saint said to be still existing at the pyramid premises, as has been seen by many).

VENKATESH

22-12-'91: Today I sat on the 'Power - Spot' at the pyramid premises and started my Meditation.

Within five minutes, I could go into deep Meditation.

I have seen Sameer Baba, the Yogi of the Power-Spot, having a cap in the shape of Pyramid. He had a small beard and was clad in a lungi. The man was very fair and tall. He asked me to make new-comers sit on the Power-Spot first and then only take them inside the Pyramid. And, *everybody should have a 'Pyramid hat' while sitting in Meditation.*

PATRI PREM SIMHA

25-3-'92: I sat for Meditation outside the Pyramid at about 6.20 p.m. At first, I could not concentrate. But suddenly after six minutes or so, I lost awareness of my breath. I was a bit worried whether I was breathing or not, but I still tried to concentrate. Then, after twelve minutes or so, I happened to see huge black clouds all around me. These clouds were continuously going and coming out of my eyes. Then I was a bit scared about my breath and I got up.

For sometime I could not concentrate. I again lost awareness of my breath. but this time, my experience helped me to continue. Then, some sort of magnetic force was pulling me back and I subconsciously tried to give an opposite force. This continued for about fifteen minutes, and after that I stopped.

25-3-'92: I decided to sleep inside the Pyramid tonight. I slept at about 11.00 p.m. At first I could not sleep, but after sometime, I slept and I felt my body becoming numb and I went into deep sleep. After a few hours, I suddenly woke up and I happened to open my eyes. *Then to my surprise, I saw a huge figure in front of me just below the King's Chamber! It was in the form of a human being.* I could not see the body but I could see only the outline which was golden in colour. I was a bit scared and immediately closed my eyes and tried to sleep.

I. NARASIMHA REDDY

5-11-'92: I have been doing Meditation regularly since August 14th, 1992. Today, I meditated in the Pyramid for about one and half hours. What I had experienced is detailed below.

I got concentration easily: thoughts were few and even as thoughts came they went off on their own accord. No special effort was made to drive off the thoughts. There was no aimless wandering of the thoughts.

The body moved in a clock-wise direction and after sometime in anti-clockwise direction. There were terrific twistings in the waist region, as though it was ejecting something.

Then *the trunk portion of the body moved in the manner a cobra moves its hood*. Once, the head was even touching the ground and again straightening itself and moving sideways.

I noticed circular bluish light in between the eye-brows. It stayed there for some time. I saw the shape of a conch and a figure was emerging. However, there was some external sound from outside and the figure vanished.

I felt a lot of restlessness and I had a feeling to jump up from the Chamber and get rid of this restlessness! I could not tolerate this restlessness. So, I went down from the Chamber.

I felt a tremendous flow of energy. It was there even previously. *I felt torrents of energy coming into my body*.

G. PAUL VIJAYKUMAR

18-11-'92: Today, from 8 p.m. onwards, I have been Meditating in the Pyramid.

After sometime, I came out of my physical body in astral form and entered into a bastion. There I saw a cat. After that *I saw a Lama and a lady who made me sit in Meditation at a particular place* there. Later, myself and the Master Lama came into the Pyramid together. The Lama asked me to observe my physical body. *He showed me a hole which extended from the back of my head to the front of the forehead*. The hole was very thin but it was shining like a ray. There was also another hole from the top of my head and it extended to the left and right of my head and it was also bright like a ray. Then we returned to the bastion. The Lama asked me to come to the Fort regularly and do Meditation there at the prescribed spot.

I have been doing Meditation for nearly two years now, and I have several experiences especially with Lord Buddha. To open my third eye, a 'Master Operation' was also conducted on me eight months back. From then onwards, *I could see other people's auras clearly !*

SAVITRI DEVI PATRI

10-11-'92: Today morning I was leaving for my regular Meditation inside the Pyramid. I covered myself with a shawl as it was very cold outside. But soon, after sometime, I felt hot and removed my shawl and simply kept it in my hand.

I entered the Pyramid and sat for Meditation, keeping my shawl away.

After sometime, I found myself on the banks of a river which I could distinctly feel as the River Ganges. The atmosphere was fresh and invigorating. There was no one else on the banks and it was not a 'ghat' place. I dipped in the River Ganges and had a good bath and returned to my body in the Pyramid. When I woke from my Meditation, I felt so chilled inside that I had to immediately cover myself with the shawl and come out! I was actually shivering!

Later, I felt very fresh and agile as if I had an actual physical bath!

N.C. SAMPATH KUMAR

8-11-'92: I sat for Meditation today at 11.00 a.m. Some moments later I saw an idol of Lord Ganapathi. I asked the purpose of its darshan to me. But no reply came from the idol. However, energy started entering my body through my eyes and, at the time I experienced swinging motion of my astral body. After sometime, the swinging of the astral body stopped and my physical body sat steadily.

Later, a yogi appeared in front of me and I put a few questions to him on the propriety of killing animals for food.

Q: "Can non-vegetarian food be consumed?"

"No! It is totally forbidden!"

Q : "Why?"

"Unless one has the power to give life to the animal that is being killed, and eaten, one has no right to kill or eat it."

Q: "What about cutting trees and eating leaves and fruits?"

"Trees produce fruits and leaves as products during their existence. Fruit-pulp is a lure to animals to eat and spread the seeds for germination. A tree cannot be cut totally as you endanger its very existence."

Q : "Leaves and fruits have life and they are meant to protect trees by nourishment. Are we not obstructing the plant's growth by consuming them?"

"Trees have the capacity to generate leaves unlike the limbs of the animals. So, eating them will not endanger their life."

B.P. SIVARAMI REDDY

23-11-'92: This is my one month of Meditation Experience.

Today morning I went to Pyramid for Meditation, as usual. I sat for more than forty minutes in my first sitting and I saw a light passing from my left side of the ear to my right side. After fifteen minutes, I went into a state of deep inner silence. I felt pain in the lower part of spinal-cord, simultaneously along with that pain, *I felt some sort of shooting pain in 'Bhrukuti'*. I felt as if someone was touching there. I continued Meditation for forty five minutes. I am experiencing the same experience since three days.

After that, I sat in the King's Chamber. There I lay down and closed my eyes. After sometime, I saw some white clouds forming into a sort of dark green light. And, that light started coming towards me. It continued so, for some time.

Again in the evening, I sat for Meditation. Again, I experienced the same pain in my spinal cord and at my Bhrukuti.

I explained my experiences to Patri Garu and I was told that it was an experience of "Kundalini" awakening and beginning of the activation of my Third Eye.

P. SUBBARAYUDU

1-12-'92: Tonight, at about 10.00 p.m., I went into Meditation inside the Pyramid. After sometime, I lost my physical knowledge and environmental sense absolutely.

I felt someone's touch on my shoulders and *I clearly saw a person standing near me!* My eyes were absolutely closed-please remember. He was of fair complexion, short in stature and was having along white beard that was touching almost his knees. *He told me that he was 'Sameer Baba', whose 'Samadhi' lay just beside the Pyramid.* He asked me to follow him. We both 'flew' in the air and went deep inside the Samadhi Place. There he gave me his kamandalam and Mat and then we flew to Srisailam. We landed on a place, the Baba called 'Bheemarjuna Konda' (I never had been to Srisailam previously, nor knew anything about the 'Konda' he mentioned). There he showed me his previous place where he used to do his Meditation. He asked me to do Meditation. We both did so for sometime. Thereafter, we went to Alampur. He took me to a 'Darga'

that was his Guru's Samadhi, called by the name 'Saali Pahilvan Baba'. He also showed me a Darga by the side, which was of himself. There he advised me to do Meditation. Again, I obliged. We sat for about fifteen minutes.

Later, we returned to Kurnool to the Samadhi site at the Pyramid Premises. We went inside and I gave him back his Kamandalam and Mat. He told me to go back to my physical consciousness. I found that I was sitting in the Pyramid.

C. ARUNA

25-11-'92: I was instructed for the first time that I should concentrate on my breathing while in Meditation.

With this frame in my mind, I sat cross-legged inside the Pyramid and started doing Meditation. Soon I saw a crystal or a diamond coming towards me from above. It did not come down totally. It lay suspended in the air and gave away different rays of light. Then suddenly my body became very heavy and something inside swirled round and round very fast. Then I was driven very fast through a dark tunnel, I travelled very far. I was afraid, and wanted to know what was happening. I questioned myself but didn't know anything.

With this, my first experience in this wonderful Pyramid came to an end.

26-11-'92: Today, I sat for Meditation in the Pyramid, concentrating all my attention on my breathing.

After sometime, *I started going underground as if there was no floor at all. I saw a frail lean person meditating in orange-yellowish attire.* Then I came back into my body.

Later, I saw a person, trying to climb the ladder of the King's Chamber but he stopped at the last rung of the ladder.

When I related this to Mr. Patri, he said it was all due to my activated Third Eye.

This is my second day experience in the Pyramid! Wonderful, is it not?

27-11-'92: Yesterday night, at my house, after the regular house-hold duties, I sat for Meditation and immediately went into a very deep state.

After sometime, I saw a White Lotus or Lilly. It was very bright and came up blooming and from it were emanating hundreds, nay thousands, of white Illuminated Lillies in a continuous stream! I could keep no count!

It was a tremendous spectacle to watch!

Then, I saw a man. He was wearing saffron robes. He smiled at me. I did not

know who he was but he was glowing with knowledge. Then I saw a huge procession. So many people with bright faces were passing one after the other. They all looked so glorious. I cannot describe! I never thought the orange colour (They were all wearing orange robes) could be so beautiful!

When I narrated this to Mr. Patri, he commented that this was the activation of the 'Sahsradala Kamala' or the 'Crown chakra', and that the corresponding vision was that of a cosmic plane. The persons I saw were the denizens of that plane. I was told.

Mr. Patri further disclosed that with this opening of the thousand-petalled crown chakra, my Third Eye has been opened. And, that I had become Enlightened-and entered the state of Nirvana. My own experience and state of mind since then confirms to myself what was indicated by Mr. Patri.

G.R. YUGANDHAR

10-12-'92: I sat for Meditation on the Power-Spot (so called because one Sri Sameer Baba is Meditating under this spot). As I felt that I was in a low energy state, I requested for the help of Sameer Baba, sending a thought to give me energy. Soon after, *he appeared before me in a black dress and was looking at me. Just his vision had made me energetic.*

11-12-'92: I sat again for Meditation inside the Pyramid. After going deep in Meditation, I thought of Sameer Baba. Immediately, after the projection of my thought, I found myself before him in a padmasana posture. I requested him to provide a solution to my personal problem. He answered, *"No help from me"*. The strength of the vibrations of the sound of him came into my body with a great thrust.

Previously, i.e., an year back, I had seen him twice in the same dress. During the first time, I sat for Meditation and I felt a tremble inside. This was not a physical tremble. It lasted for a very short duration. This astral tremble had come again with increased intensity and frequency, after which I saw that some vague figure had appeared, the sight of which made me give a panicky cry mentally (this particular experience was perceived telepathically by my friend who was also Meditating by my side). *The figure had taken the shape of Sameer Baba.*

K. NEWTON

7-1-'91: Kashi Reddy Swamy came to Kurnool and was residing in Sri Patriji's house. On that day, I appeared for an examination, and due to some reason I had a tremendous headache. When I heard the news of the arrival of Kashi Reddy Swamy,

my intuition told me not to miss this opportunity of seeing an Enlightened Grand Master. So, I ran to the place and saw Kashi Reddy sitting in a chair with a lot of devotees gathered around him. I went near him and touched his feet. Till then, I had a bludgeoning headache. It vanished instantaneously and totally! I felt very good vibrations around him! And, I sat for Meditation. *In the Meditation, I experienced a wonderful astral travel. I went to Puttaparthi Sai Baba. I conversed with him for five minutes.* He asked me about my difficulties. While coming back he asked me to convey his wishes to Kashi Reddy Swami.

This experience had a deep impact on me. Till today, I have not forgotten the happiness I derived from that experience.

Apart from this, I got many other experiences, all of which have enriched me a lot. My conditioned mind, which used to be present previously, had been changed a lot. After getting the knowledge of spirituality, a new joyful dimension has been added to my life.

I am a final year medical student in Kurnool Medical College.

VIJAYAMMA SHOURY

10-10-'92: The following is a remarkable experience of mine. This was the wonderful occasion when I perceived the actual process of physical death!

An old lady was residing in a house nearby our's. She was very old and ill and the doctors had given her only a few days.

Suddenly, yester night, I had seen her astral form coming out of her physical body. I was particularly aware of the silver cord connecting the two. I observed that the silver cord got tense and was getting pulled as though it wanted to get snapped at the umbilical point! It was repeated two or three times. And, I saw that the physical body was gasping for breath.

Finally, with a small sound, the cord was cut and got separated at the umbilical point! The lady's breath stopped! She was dead! *For sometime the astral body was still there, trying to enter the body! But it could not do so!*

This was during the night. This morning, I got the news that she was dead.

RAHUL

13-12-'92: This is one of the remarkable experiences in my Meditational life.

Although I am a graduate in Agriculture, and know about plants, I never really saw or talked to them spiritually until this experience.

In my Meditation at Anantapur, after the usual etheric expansion and in deep concentration, *I came out of my physical body and travelled to some place where a beautiful sunset was seen.* When I was enjoying the atmosphere, *I happened to see something moving from a nearby Banyan tree.* When I saw it carefully, it was just like the same tree but different in colour. When I posed a question the answer I got was that - *it was the astral body of the Banyan tree!* I was surprised and puzzled because I was seeing the astral body of a plant for the first time! Then I decided to talk to it. I put questions and obtained the following answers.

Q.: "I Know about the human beings and animals and their spiritual growth or life. But how about plants' spirituality?"

Then it answered as following.

"Yes! On the spiritual basis also, we are classified according to the duties we perform."

"1) Annuals: These plants live for a single season or for a year. Their main aim or lesson of life is just to give themselves to others totally. They die for others. That's why animals and human beings consume these plants totally. By this they are not doing any bad karma."

"2) Biennials: These plants complete their life- cycle in two seasons or in two years. They give flowers, fruits and they extend their service for a long time. They get knowledge from different worlds. They practise 'Jnana Yoga' in your terms."

"3) Perennials: (long living plants) : These plants give fruits. But, for many trees, their main duty is Meditation. They live longer because of their Meditation."

Q: "Which are the highly evolved among trees and plants?"

"The Banyan, the Tamarind, and the Neem etc. - these are great Meditators. They produce good vibrations. That is why people like these trees. They are happy to sit under them. Because their vibrations are good they feel pleasant."

Q: "What is the link between Plant Kingdom and the coming Axis Change?"

"The greedy human beings are cutting down the trees and plants for their own selfish ends. *These people mainly cause the Axis Change.* They destroy large numbers of trees and many forests have disappeared and that's why there is so much of ecological imbalance. *The animals and trees understand each other but only the humans create disturbances among us. That's why the Axis Change will occur very soon.*"

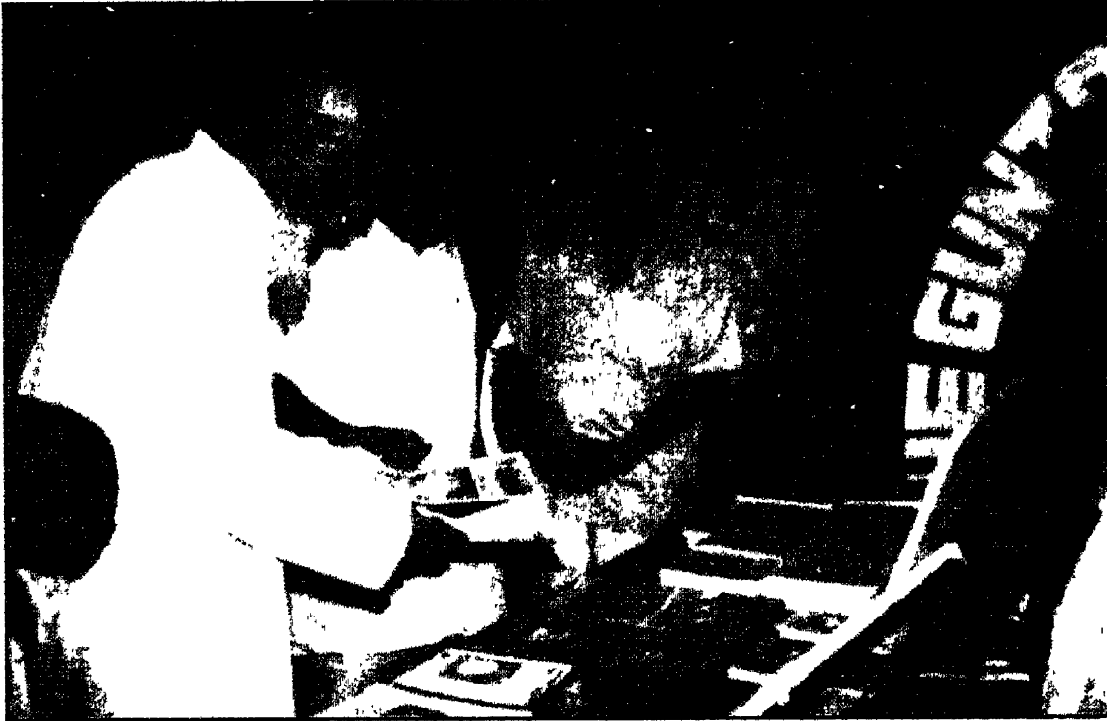
Q: "What is the best lesson the human beings can learn from you?"

"Try to give yourself always to others. People should not harm us by cutting and spraying pesticides and putting chemicals on us. They kill us by doing so. But we still give them always-whatever we want to give them."

Q : "Will you please give me the information about you whenever I am in need?"

"Yes, you are always welcome."

CHAPTER -6





"BOOKS THAT MUST BE READ"

There are three types of activities, which when pursued with vigour, would give us mastery in any given subject.

1. Review of Literature:

Review of all the literature that has been, or that is being published all over the world- concerning the given subject must be done. This gives us the Results of Experiments carried out everywhere and everytime, and provides us with the state-of-the art knowledge about any given subject.

2. Experimentation:

After the 'theory' comes the 'practicals'. Now, we have to design our own Experiments. Concepts theoretically understood must be practically tested and verified and checked by ourselves. This gives us personal experimental touch with the subject.

3. Discussions:

The first two must be followed up, then, with continuous Discussions and Exchange of Experiences with other seekers and workers in the same subject. This not only enriches us with first-hand experiences of others, but also goes a long way in sharpening our micro-level knowledge in a subject. It encourages us to pursue the subject with so much more vigour and enthusiasm.

As in the study of any other subject, in the Study of Spiritual Science too, each of the above types of activities plays a vital role. The same three activities, when applied to Spirituality are also called, resp[ectively].

1) Swadhyaya, 2) Dhyana or Sat-Sangatya, and 3) Satjana Sangatya

Now, 'Swadhyaya', meaning 'Self-Study', is nothing but Review of Spiritual Literature.

'Dhyana' is Personal Experimentation with altered states of consciousness, exploring alternate frequency universes etc. *Dhyana is also called 'Sat-Sangatya.'* It means 'meeting the self'. *You meet the self only in silent inwardness i.e., in Meditation.*

By 'Sat-jana Sangatya' is meant Discussions or Exchange of Experiences with co-seekers and Masters.

The following 'must reading' for every aspiring Master, is suggested:-

<u>author/s</u>	<u>title/s</u>	<u>contents</u>
1. Lobsang Rampa T.	<u>all books must be read</u> Third Eye, Rampa Story; Chapters of life; You Forever; I Believe; Three Lives etc.	Meditation; Astral Travel; Akashic Records; Overself; Aura; Third Eye; Life after Death etc.
2. Jane Roberts	<u>all books must be read</u> Seth Material; Seth Speaks; Nature of Personal Reality; Unknown Reality etc.	Power of Choices; Life after Death; Altern- ate Selves; Simultaneous Life-times; Nature of Psyche etc
3. Richard Bach		
4. Carlos Castaneda	<u>all books must be read</u> Jonathan Livingstone Seagull; Illusions, One; Bridge Across Forever etc	Freedom; Alternate - Selves; Soul-mates; Power of choices; Simultaneously Life- times
5. Linda Goodman	<u>all books must be read</u> Teachings of Don Juan; Fire from Within; Journey to Ixtlan; Eagle's Gift; Power of Silence etc. <u>all books must be read</u> Linda Goodman's Star Signs and Linda Goodman's Love Signs	Ways of a Warrior; Impeccability; Art of Dreaming; Art of Stalking; Parallel worlds; Seeing; Losing Human Form; Losing Self- Importance ; Organic Biegn etc. Physical Immortality; Lexigramming; Spiritual Astrology; Color-gem Therapy; Vegetarianism
6. Osho Rajneesh	<u>all books must be read</u> Sex to Super consciousness; Mystic exper- ience; Zen; When the Shoe Fits; Diamond Sutra; Mustard Seed; Heart Sutra etc.	Non-repression; Living in the Moment; Inhibition-less Life; Sufism; Zen Upanisha- dic thought; Buddhism; Knowledge about all World - Scriptures and Enlightenment of all Past Masters.
7. Ruth Montgomery	<u>all books must be read</u> A Search for Truth; Strangers Among Us; Here and Hereafter; Born to Heal; Compan- ions Along the Way etc.	Automatic Writing; Guides from Other Worlds; Life after Death; Reincarnation; Law of Karma; Axis Change; Walk-ins and Walk-outs; Bygone Civilizations; Extra - Terrestrials etc.

8. Shirley Maclaine	<u>all books must be read</u> Out on a Limb; Dancing in the Light; It's All in The Playing; Going Within	Mediumship; Life after Death; Reincarnation; Overself; Meditation; Kundalini etc.
9. Theosophical Society Literature H.P. Blavatsky; C.W. Leadbeater; Annie Besant etc.	<u>all books must be read</u> Inner Life; Man's Seven Bodies; Secret Doctrine; Isis Unveiled etc.	Reincarnation; Law of Karma; Life after Death; Man's Seven Bodies; Evolution; Aura studies; Root Races; White Brotherhood; Masters etc.
10. Edgar Cayce (books about)	<u>all books must be read</u> Many Mansions etc.	Reincarnation; Law of Karma; Atlantean civilizations; Akashic Records etc.
11. Yogananda Paramahansa	Autobiography of a Yogi; Man's Eternal Quest.	Mahavatar Babaji; Spiritual Science; Life in Astral Worlds
12. Swami Rama	Living with the Himalayan Masters	Himalayan Yogis; Spiritual Science
13. Swami Muktananda	Chishakti Vilas	Meditation; Kundalini; Astral Experience etc
14. Kahlil Gibran	<u>all books must be read</u> The Prophet; Complete Works	Enlightenment
15. Paul Brunton	<u>all books must be read</u> A Search in Secret India; A Search in Secret Egypt; Wisdom of Overself etc.	Yogis of India and Egypt; Pyramid Power; Overself; Yogic Life
16. Vera Stanley Alder	<u>all books must be read</u> From Mundane to Magnificent ; The Opening of Third Eye	Astral Experiences, talking to Cells; Life after Death; Eternal Existence - Law of Karma.
17. Harold Sherman	<u>all books must be read</u> You Live After Death; The Dead are Alive etc.	Life after Death (Please disregard his erroneous views on Reincarnation)
18. Gurdjieff	<u>all books must be read</u> Meeting with Remarkable Men; Beelzebub's Tales etc.	Work on Self; Dancing Meditation; Enlightenment etc.

19. Robert Percival	Thinking and Destiny	Life after Death; Mechanism of Rebirth; Tri-nese; AIA Units.
20. Raymond Moody	<u>all books must be read</u> Life after Life; Reflection on Life after Life etc.	Near-Death Experiences; Past-life Experiences
21. Dr. Evans Wentz	<u>all books must be read</u> Tibetan Book of the Dead; Egyptian Book of the Dead; Milarepa etc The Secret Life of Plants	Tibetan Yoga; Life after Death; Milarepa's Life etc. Plant life-unknown facts
22. Peter Tompkins and Christopher Bird	The Secrets of The Pyramid; The Secret Life of Nature Tarot	Pyramid Power; Nature spirits; Spiritual Science Spiritual Science in Egypt
23. Peter Tompkins	Psychic Discoveries Behind the Iron Curtain	Modern Scientific Research on ESP; Telepathy, Telekinesis, Kirlian Photography etc
24. Mouni Sadhu	Life Everlasting; Ardath and Romance of the Two Worlds.	Experiences with Masters; Non-Ageing; Twin Souls
25. Sheila Ostrander and Lynn Schroeder	<u>all books must be read</u> The Cosmic Doctrine etc.	Advanced Spirituality; Adepts
26. Marie Corelli	<u>all books must be read</u> The Occult; After Life; Mysteries etc.	A total documentation of Para-psychology-Research
27. Dion Fortune	<u>all books must be read</u> One Minute Wisdom etc.	Enlightenment
28. Colin Wilson	Communion; Transformation. Republic, dialogues	Contact with Extra Terrestrials
29. Anthony de Mello		The Socratic Method; morality and sane ..
30. Whitley Streiber		
31. Plato		

32. D.T.Suzuki	<u>all books must be read</u>	Zen and Enlightenment
33. Alan Watts	In My Own Way	-do-
34. Cyril Scott	Initiate, Volumes I,II,III,IV	Spiritual Science; Way of Masters
35. Kenneth Ring	Life at Death	Near - Death Experiences
36. R.Crookall	The Technique of Astral Projection	Scientific Survey of Astral Travel
37. O. Fox	Astral Projection	-do-
38. Green House H.B.	The Astral Projection	-do-
39. Pelletier K.R.	Towards a Science of Consciousness	Spiritual Science
40. Sabom M.B.	The Near - Death Experience, A Medical Perspective.	Near-Death Experiences
41. Turvey V.	The Beginning of Seership	Meditational Experiences
42. Wheeler D.	Journey to the Other Side	Astral Travel
43. Berne S. Siegel	Peace, Love and Healing	Self - healing
44. Arnold Mindell	Dream Body; Working with The Dream Body	Astral Travel
45. Joan Borysenko	Minding the Body, Mending the Mind	Spiritual Science
46. Jeanne Achterberg	Imagery in Healing	Self-healing and healing others
47. Jacques Vallee	Dimensions-A Case Book of Alien Contact	Traffic from other Frequency Universes
48. Herbert Vollmann	A Gate Opens	Bible and Spiritual Science
49/ Brad Steiger and Francie Steiger	<u>all books must be read</u> The Star People; Fellowship Pole Shift	Extra - Terrestrials
50. John White	Life before Life; Reliving Past Lives	The coming Axis Change
51. Helen Wambach	Dreams of the Future	Hypnotic regression into past lives
52. Chet B. Snow/Helen Wambach		Hypnotic progression into the future that lies ahead of us

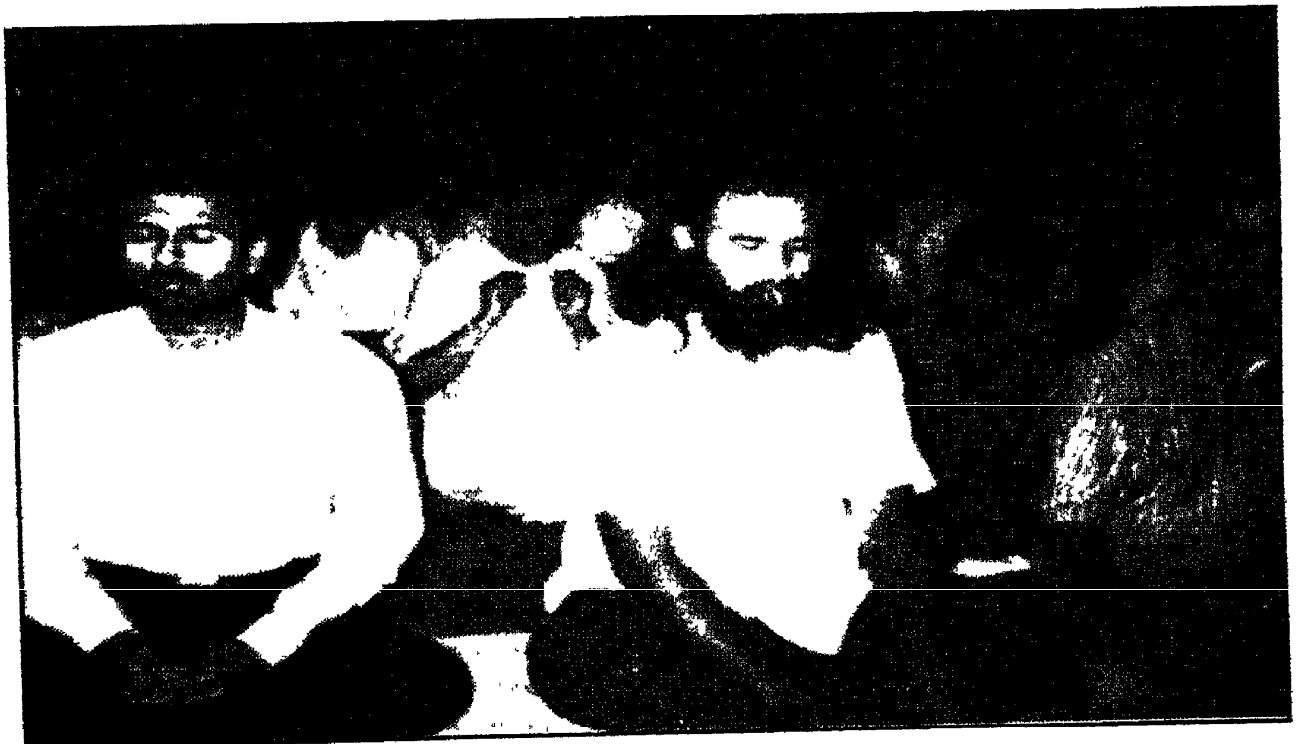
53. Alice A. Bailey
all books must be read
 Prophecies by D.K.; Ponder On This
 Spiritual Science as revealed by Masters
54. Charles Berlitz
all books must be read
 Doomsday-1999; The Bermuda Triangle etc
 The coming Axis Change; Mystery of Bermuda triangle
55. Erich von Daniken
all books must be read
 Chariots of Gods etc.
 Bygone civilizations; Evidence of Extra Terrestrial contact
56. Jeffrey Godman
 We are the Earthquake Generation
 The coming Axis change
57. Robert A. Monroe
 Far Journeys
 Accounts of Astral Travel
58. Fred Alan Wolf
all books must be read
 Parallel Universes; Star Wave; Mind, Consciousness and Quantum Physics
 Existence of an infinite set of parallel universes proved in the Light of Quantum Physics
59. Hazrat Inayat Khan
all books must be read
 The Divinity of the Human Soul; The Way of Illumination etc
 The Sufi Message; Life after Death; Spiritual Science etc
60. Idries Shah
all books must be read
 The Exploits of the Incomparable Mulla Nasruddin; Tales of Dervishes etc.
 Suffism; Tales; by Sufi masters; Mulla Nasruddin the paradoxical Master
61. R.M. Bucke
 Cosmic Consciousness
 Enlightenment and Spiritual Science
62. Abd-Ru-Shin
 In the Light of Truth
 A complete compendium of Spiritual Science
63. Sybil Leek
 Diary of a Witch
 20th Century Witchcraft; Art of Healing
64. Hereward Carrington
 Your Psychic Powers and How to Develop Them
 Psychometry; Aura; Spirit Worlds; Telepathy Automatic Writing; Ouija; Astral Projection etc
65. Litany Burns
 Develop Your Psychic Abilities
 Clairvoyance; Mediumship; Ouija etc.
66. Williams James
 Varieties of Religious Experiences
 Spiritual/Mystic Experiences

67. J.Martin & P. Ramanowski	We Don't Die	George Anderson's conversation with the other side
68. Sujata Nahar	Mirra the Occultist	Occult experiences of the Mother
69. Janet Lee Mitchel	Out-of-body Experiences	Astral Travel
70 Karl Schlofferbeck	Living Your Past Lives	Verified cases of Past Lives
71. S.Muldoon & H. Carrington	The Phenomenon of Astral Projection	Astral Travel
72. R.Monroe	Journeys Out of the Body	-do-
73. H.Green House	The Astral Journey; The Book of Psychic Knowledge	-do-
74. W. Barrets	Death-Bed Visions	Near - Death Experiences
75 H. Congdon	The Pursuit of Death	-do-
76. Gloria D. Karpinski	Where The Two Worlds Meet	The Science of Change;Spiritual Science
77. Diane M.Connelly	All Sickness is Home Sickness	Spiritual Science
78. Ken Keynes	A Hand Book of Higher Consciousness	-do-
79. Gedoes Macgregor	Reincarnation in Christianity	Reincarnation in Christianity
80. Chris Grissom	Ecstasy is a New Frequency	Enlightenment and Ecstasy
81. Dick Sutphen	Past Lives, Future Lives; You are Born Again to be Together	Eternal existence and many lifetimes.
82. Alan Wiesman	We Immortals	-do-
83. Allen T.G.	The Egyptian Book of The Dead	Ancient Egyptian knowledge about life after death
84. Covina Gina	The Ouija Book	Ouija Experiences
85. Arthur Conan Doyle	The History of Spiritualism	The History of Spiritualist Research
86. Martin Ebon	The Singer Hand Book of Parapsy-chology Communicating with the Dead;Evidence for Life after Death;"They Know the Unknown.	The Science of Parapsychology

87. Arthur Ford	Unknown but Known	The Occult Science
88. Osiris K. & Haraldson E.	At the Hour of Death	Near - Death Experiences
89. Ralph Wilkerson	Beyond the Back; Those who Died and Lived to Tell.	-do-
90. Celia Green	Apparitions, Out of Body Experiences; We Are One Another	Astral Travel, Enlightenment
91. Rudolf Steiner	<u>all books must be read</u> An Outline of Occult Science; Reincarnation and Immortality; An Autobiography	The whole gamut of Spiritual Science
92. Christina Baldwin	Life's Companion	Spiritual journal-writing
93. M. Scott Peck	The Road Less Travelled	Enlightenment
94. Ramdas	Journey of Awakening	Spirituality
95. Torkom Saryadarian	<u>all books must be read</u> Cosmos in Man; The Science of Becoming Ourselves; The Hierarchy and the Plan; The Symphony of the Zodiac	Meditation; Spiritual Science; Esoteric Astrology etc.
96. Paul Carus	The Gospel of Buddha	Life and Teachings of Buddha
97. Rudolf Ballentine	Transition to Vegetarianism	Imperativeness of Vegetarianism
98. Randolph Stone	Mystic Bible	Spiritual Science in Bible
99. Joseph Leeming	Yoga and The Bible	-do-
100. Stanley White	Liberation of The Soul	Enlightenment
101. Gopi Krishna	Kundalini	Kundalini Experiences
102. Ramananda Saraswathi	Tripura Rahasya	Self - knowledge and Spiritual Science
103. Swami Shivananda	<u>all books must be read</u>	-do-

104. Sri Aurobindo	<u>all books must be read</u> Life Divine etc	Indian Philosophy and Vedic Knowledge
105. Swami Vivekananda	<u>all books must be read</u> Raja Yoga etc.	Science of Meditation
106. Master Mahashaya	Gospel of Sri Ramakrishna	Life and Teachings of Sri Ramakrishna
107. Arthur Avalon	Serpent Power	The Science of Kundalini
108. Edwin Arnold	Light of Asia	Life of Buddha
109. Alexander David Neel	Buddhism	The Four Noble Truths, Nirvana, Enlightenment, Ahimsa etc.,
110. Arthur Osborne	Ramana Maharshi	Teachings of Ramana Maharshi
111. Thomas A. Kempis	Imitation of Christ	Spiritual Life and Spiritual Path
112. Hugh Prather	<u>all books must be read</u> Notes to Myself etc.	Sanity in living, thinking, and being
113. Nicholas Roerich	Realm of Light; Shambhala etc.	Spiritual Science
114. Fritjof Capra	The Tao of Physics; Uncommon Wisdom	Modern Science and Spirituality
115. Stephen Hawking	A Brief History of Time	Existence of Parallel Universes
116. T.W. Rhys Davids	Dialogues of The Buddha	Buddha's teaching; 'Self' less Path
117. Mrs. Rhys Davids	Dhammapada; The Book of The Kindred Sayings	The Eight-Fold Marga
118. Yogeswarananda Saraswati	Science of Soul	Seven Chakras; Kundalini; Meditation; Samadhi etc.
119. James Allen	Book of Meditation	Spiritual Science

CHAPTER -7





"AUTOMATIC WRITING"

Medium : N.C. Sampath Kumar

Master : Ganapathi

Q : "What is auto-writing? How is it that communication is made through the 'pen' of a medium?"

A: "The mode of speaking by a Soul through the pen held by a physical human is called 'auto-writing'. *The thoughts of the Soul are vibrated into the mind of the writer and he starts scribing as if an answer came from his own mind.*"

Q : "Is it popular, scientific and authentic?"

A: "It is not popular in India; but is popular in The West. Indians dub it as 'occult', while the Westerners adore it for its authenticity."

"What is not 'scientific' if understood in a scientific manner?! But you cannot apply the same yardstick for all times and situations alike. 'Science' has a limitation, and you cannot judge spiritual techniques like that."

"Authenticity of the answer depends upon the depth of the question and mind of the seeker. You cannot formulate questions to test the masters or pin them to be 'wrong' or 'right' on existing data. Such an attempt will be suicidal. Quest for knowledge should be pure, simple and totally involving."

"MEDITATION"

Channeler : C. Aruna

Master : Ganapathi

9-1-93: "Early in the life of everyone there is always a stream of thought, this stream of thought leads your life. *Every man has an important duty to perform.* This duty may be created or made by various channels that are at work within the universe. *All of us have to abide by the rules of the divine law-* whatever his or her major karmic deeds may be. You all are the major streams through which we operate. Divine operation is always at work and goes on eternally."

"The question of 'one life'-and all that-is so meaningless! Thus, I request you to give up the idea of one life or two lives. *You all, or we all, live many lives to enrich the life on this Earth.* We all are like the satellites to the Earth: our main duty is to help people lead their lives towards self-realisation. *Your self-realisation is dependent on the self-enhancement of others.* I mean, you should help others to enhance themselves, by which process alone you grow. Growth of a person is multidimensional, like 'Seth' says, and your duty thus is to lead people towards Meditation."

"Meditation is the only goal of every life; through Meditation you will see all the essence of human life. The human being is actually full of energies to realize this essence of life. Thus, you all should help prepare people to come towards this goal. *No other goal is as important as this goal. It is greater than any other goal. It is greater than any other life-goal that you can set for yourself.* Life is after all to know thyself and nothing else. Life is all full of miseries if you 'play' with it. Life is not complete if you just play. When will you know yourself?"

"Already you have wasted enough time in pujas, play etc. Now you will not be able to waste any more of the physical time (in your sense) in these plays. *Wake up and join the stream to which you belong and meditate.* Meditate because that is the ultimate goal of every life. You will not improve unless you make an attempt in Meditation. Meditation again, I say, is the ultimate goal of every life. Striving in life for useless earthly desires is meaningless. *Crave, pave way towards reaching the ultimate, the divine, the 'almighty' in your words, through Meditation.* After all, you were made in this world to realize yourself."

"What are you doing? Doing other unwanted activities? Activities that are not all important? Wake up from the slumber of the physical world and its desires. Wake up, see all the Great Masters up there waiting for you just to say that you would meditate and they are all there to assist you, help you to realise yourself. *Foolish souls are lying in deep sleep wrapped up in the strong fog of the physical world and its desires. Wake up, O souls from the sleep!* All of us are waiting for you. Come and we shall give our helping hand to you, to realise yourself. Do not hesitate."

"Life with Meditation is even more enjoyable and challenging. No challenge can be made greater or more fulfilling than this. See how you will grow once you start meditating."

"Meditate, and Meditate! This is all I want to tell you today!"

"KARMA"

Medium : C. Aruna

Master : Ganapathi

16-1-'93: Q: "What is this Karma? Does it have any bearing on Meditation?"

A: "Karma is different; however, it is in a way the deciding factor in one's life, in deciding whether he will meditate or not."

"You cannot, and will not, go near any Meditation or Self-Realisation if your karma is severe. When I say 'Karma is severe', I mean to say that you are so deeply involved in it-in the *Desire 'A'* that you cannot meditate until that desire is fulfilled. Then you ask for another *Desire 'B'*. This time, new, because this is deep in your heart, you want to enjoy it completely. And then you say after this desire no other desire will exist. And again you will come back with *Desire 'C'*."

"Suppose desires 'A' to 'Z' are over, then you will say, 'Sir! I forgot and don't remember having ever had desire 'A' So, again the cycle starts and these idiots all of them here are like that. So, '*Karma' means these worldly desires. You want worldly desires, and cannot rise above them. When you cannot rise above them it means you are in the karmic cycle.* Once you understand that there is something above these desires, it means that you have arrived at a time when you are rising above your karma so you will listen to a scientific way of finding answers. Then you understand that once you seek God, everything comes running towards you."

"PREDESTINATION"

Medium: **I. Narasimha Reddy**

Master : **T.L. Rampa**

1-12-'92 Q: "Seth says that there is no 'predestination' or 'karma'. What is your opinion?"

A: "It is absolutely correct."

Q : "Please elaborate!"

A : "*Man creates his own reality. This does not in any way depend upon what he did or did not do in the past. It is never experienced in that fashion.*"

"GOOD AND BAD"

Medium: **I. Narasimha Reddy**

Master : **T.L. Rampa**

1-12-92: Q : "If there is no 'good' or 'evil', why should only good be done, and not evil, if that fascinates a particular mind?"

A : "There is no 'good' and there is no 'evil' - and this must be understood in its correct perspective and not taken as a shield to do evil acts which will harm others either physically or mentally. *One should always do only such things which will be felt as 'good' by one's own subconscious.* The subconscious will tell you which one is a beneficial experience and which one is detestable. One should avoid that which is detestable by the subconscious and perform only those acts that have the approval of the subconscious. *One need not entirely depend upon the 'Laws of Land' - I mean the moral laws - for determining which is 'good' and which is 'bad'.* The subconscious is the best judge in these matters and not any extraneous data or rules. One should not succumb to the pressures of the physical world and blindly conclude that a particular action is decisively 'good' or 'bad'."

"UPASANA"

Medium : **I. Narasimha Reddy**

Master : **T.L. Rampa**

10-12-'92: "Upasana is a religious practice of performing certain religious duties. It gives tremendous boost to psychic powers. It is doing the required methodology in the prescribed manner and obtain specific psychic powers. It is very essential for any person aspiring to ascend to spiritual heights. As I said earlier, it is to do certain religious duties in the manners prescribed for obtaining certain psychic powers. *However, it may not be very necessary in the case of Meditators, as Meditation takes one to higher realms.*"

"THIRD EYE"

Medium : I. Narasimha Reddy

Master : T.L. Rampa

9-2-'92 : Q: "What is Third Eye-Preparation?"

" What is Third Eye-Opening?"

" What is Third Eye-Perfection?"

"It is Preparing for the Opening of the Third Eye. *The Third Eye is activated by Meditation when sensation and twisting of nadis between the two eye-brows occurs. The preparatory stage depends upon the duration and intensity of Meditation.* No specific time-frame can be given as it varies from individual to individual. In some individuals, it takes a long duration and in some individuals it may be of short duration.

"When the Third Eye begins to open due to activation, it begins to see very dimly the past, present and the future."

"When it is fully activated, one sees very clearly the past, present and future. It can be achieved by regular Meditation."

"The use of the Full Opening of Third Eye is to perceive the past, present and the future. It will be of immense practical benefit to an individual as he can mould his life according to the exigencies of the situation. For example, if a disaster is seen as a probable event, one can take suitable steps to avert it. As such, the benefits are immense and life can be enjoyed to its fullest extent and it will be a great boon to mankind if this psychic power is developed."

"Life can be seen in its full glory and color."

"AKASHIC RECORDS"

Medium : I. Narasimha Reddy

Master : T.L. Rampa

10-12-92: "Akashic Records are also called 'Cosmic Records'. *Through these records one can see the past, present and future of any reality. One can see what correctly transpired in a given historical time.* Then you can know how false your history-books are. Any historical event that happened in the past, and any probable event in the future can be perceived. *It is of utmost significance in an individual's life also - as one will be able to see the aspects of his past, present and future lives.* It will give tremendous knowledge and information if one is able to correctly interpret the intricate structure one sees in the Akashic Records. *One should endeavour to get the capacity to see the Cosmic Records. This occult power can be obtained only by Meditation."*

"AXIS CHANGE"

Medium : I. Narasimha Reddy

Master : T.L. Rampa

17-12-'92: Q: "What about Axis-Change? Is it going to be total?"

A : "Axis-Change of Earth will take place. It is going to be on a global scale. No country will escape its consequences. *Only people with high vibratory power will survive the crisis.*"

"The coming age will be a Golden Age, and there will be perfect harmony with the Nature. The ecological imbalance will be set right. The greed of man is the seed of his own downfall from which he can never rise again. This applies to the entire Planet Earth. There will be a lot of misery and untold suffering during Axis-Change and that is why the Celestial Beings are physically descending to Earth to help mankind in the hour of their peril."

"Oceans will rise seven feet high submerging all coastal towns and inundating the nearby locations. Himalayas will not be seen again. They will explode into nothingness. India will be cut asunder into three parts and there will not be any communication system."

"The present administration by greedy politicians will be put to an eternal end and *there will be a Government by Spiritually Evolved Souls. Communication will be by Telepathy and Clairvoyance.* In fact, there will not be much need for 'administration'. The people will lead happy lives once they cross the crisis point Only those people with high vibratory power will survive the 'Onslaught of Light' that is coming to Earth at the time of Axis-Change."

"Lord Buddha will be there physically in Kurnool and Anantapur Pyramids for ten hours and will direct the relief operations. It will be a great day for mankind to have a glimpse of Lord Buddha on that day. He will bless all the devotees and give instructions to disciples and vanish after the Axis-Change is over. Other Great Masters will also visit the two pyramids. People should utilize that momentous event for their own good. Even a single physical look of Lord Buddha will transform any devotee to very great heights."

"Axis-Change will produce tremendous changes, both physical and mental, unparalleled in human history. It has not happened for the last 25,000 years. They will realize when it strikes them, but by then it will be too late. The phenomenon of the Celestial Gods descending physically to Earth to help mankind has never happened in the past."

Everybody except humans are interested in preserving the Planet Earth and its

ecology. It has become literally intolerable for the Earth to bear this human burden and all unwanted stuff is being shed! *The Planet Earth will again shine with in all its resplendent glory!"*

" BUDDHA'S LIFE "

Medium: I. Narasimha Reddy

Master: T.L. Rampa

4-11-'92 : Q: "Will you please tell us about Lord Buddha's Life during the period of his age from twenty nine to thirty five?"

A: "Lord Buddha wandered from pillar to post in Search of Truth. He wandered aimlessly in search of Guru but he could not find a true Guru. He did not have worthwhile experiences during the said period. As I told you, *it was aimless wandering in search of the unknown. He starved himself almost to death but it was all in vain.*"

"That is why, after getting Enlightenment, he taught moderation in all matters including food. *He lead a life of utter futility during that period. It was a colourless period not worth remembering. But it only shows Lord Buddha's tremendous efforts even at the cost of his life to achieve the knowledge of the Beyond.* The tremendous efforts he had put in and the perseverance he has shown have ultimately paid rich dividends to him in the form of Full Enlightenment. *Every seeker of truth must imbibe that doggedness which has been so abundantly exhibited by The Buddha.*"

"JESUS'S SAYINGS"

Medium : N.G. Showry

Master: Yogananda Paramahansa

26-1-93: Q: "Jesus said, 'Ye are Gods', 'You can also do what I do'. But why are we not able to do so?"

A: "Ye are gods' means you are part of God. When you realize the godliness in you, you become God. We are in human body. Human body is a limitation. *The mind is the product of the brain*, but you don't have control over the mind. *The experience of mind is limited*, so you are governed by the limited experience and as such you are unable to identify with God who is in you. *As the mind is ignorant, it cannot experience God. To realize God you have to go beyond the mind.* How can one go beyond mind? One can go beyond the mind by the stopping of the mind, by becoming thought-free. When you are one with the mind, how can you stop it? There is a device, there is a technique. *Through Meditation you can go beyond mind.*"

"Can water drive the engine? No! But when it is heated, it is transformed into steam and the steam can run an engine. The water can also say 'I and the steam are one'. Only when it is transformed into steam by heat does it acquire the energy, the power to move and run the engine. So also a man can say, 'I and God are one'. But, one needs the transformation. This transformation is Sadhana. Then it would be possible as Jesus said 'You can also do what I do'. "

21-1-'93: Q: "Jesus said, 'Blessed are the pure in heart; for they shall see God' What did it mean?"

A: *"'Pure in heart' means not having any negative thoughts or destructive thoughts 'Negative' means conflicting thoughts. Ignorance breeds conflict and suffering. Negativity means denial of oneness and eternity. The very denial separates 'self' from the Greater Self. What is 'pure'? It is the Greater Being that is all pervading and unpolluted Man, 'the smaller self' is impurity. Why it becomes impure? It becomes impure on account of ignorance, selfishness, narrow-mindedness. It blocks the flow from the Higher Being-the Greater Self."*

"To be 'pure at heart' means, to become unselfish, to become knowledgeable and enlightened. One becomes pure when one knows his Higher Self-when one realises that - 'I and my father are one'. This self-realization alone makes one pure. No amount of struggle otherwise will help him. You cannot remove impurity by mental struggle or techniques. You have to open up your heart so that the Higher Self can descend-and then, impurity simply evaporates. There you see God."

"That means not to see God with physical eyes but to see God with the inner eyes - Third Eye. The Third Eye has to be opened by meditating on Higher Self. Then you are blessed."

27-1-'93 Q: "Jesus said 'The Eye is the lamp of the body. So if your Eye is sound, your Body will be full of light; but if the Eye is not sound, your whole Body will be full of darkness'. Please elucidate."

A: "What is the 'Eye'? It is not the physical eye, it is the Spiritual Eye. It is the Inner Eye. It is the Third Eye."

"The Physical Eyes see the things of the world. Physical sight is very limited, sometimes even distorted. The Inner Eye-the Third Eye, however, sees the other dimensions, the other worlds, the Enlightened Masters."

" 'It is the lamp of the body' - means it illuminates the mind which is the product of the brain. It enlightens you. You will have self-realization. You and God are one. 'When the Eye is sound' means-when the Inner Eye is used not for the selfish ends but for the general good of the humanity - to enlighten others. 'Then the body will be full of

light' means you are an Enlightened Person. *When the Third Eye is used for selfish ends to increase your ego, to get worldly popularity, to gain worldly things, to have power and control on others, then your Body becomes full of darkness.* So the Third Eye needs to be used with great care and only for Self-Realization and Enlightenment."

"IMPORTANCE OF THE PHYSICAL BODY"

Medium : N.C. Sampath Kumar

Master : Ganapathi

4-3-'93: "Master, why should the soul seek human form again for Nirvana, When it can as well rise from the higher worlds to Nirvanic state without seeking human form? Please clarify!"

"The six worlds accompanying physical form are six different oscillations in higher frequency, vibrating in distinct shells - without getting mixed up in identity. The astral form's vibrations and goals are different from the causal, spiritual or cosmic forms. They are all in 'shells', without inter-permeation. In such a situation, a medium to project through all these worlds without such barriers assumes importance. Astral World energies cannot be of any help to her beings to project themselves from that world directly, as the individual characteristics of each world identify their vibrations and tend to keep the others away. Physical form does have such vibrations and it has a permeable character to enable ascension through other worlds, gaining that frequency which is appropriate during its travel. It is like a module projected to various spheres, by a specific design to dally through worlds not known hitherto. The physical form's adaptability to synchronize with the six worlds, is not there for the rest of the bodies. The frequency modulation susceptible to a given higher world is easily available to physical form. Moreover, the Astral Body in Astral World, or Causal Body in Causal World, etc; have to identify their level again in that world and endeavour to gain all the knowledge of the world completely. But that only ends the mission in that world and the next alternative jump into another frequency is not available in knowledge. This becomes a barrier for transcending through their Causal or Astral Body. There is not any scope to shape her 'set' to adjust into the other frequencies. The permeation into the higher worlds is not possible."

"Vibgyor maintains seven distinct colours although no separate septa are visible apparently. Same case is with the seven bodies. The human form or physical form has all the characteristics of the seven worlds. The seven worlds' characteristics being available to physical form is a great asset, compared to any other form. Although the physical form has to greatly struggle for energy to pass through the six worlds, there is no impossibility to veer through. Hence the astral world beings, though endowed with

knowledge of the world, take every opportunity to take physical form in this world, to try their chance to attain Nirvana."

"The physical form is like a free-lance journalist. He, the journalist, can be seen to pass on any information or conduct investigation without constraints like other employees. The role of a regular employee is fixed and his working within that range does not permit higher investigations. Hence you have to shed that character and adopt another form."

"The benefits a physical form enjoys, undoubtedly, are unavailable to other forms. The benefits range from zero to infinity. But in other worlds, the benefits are constant, fixed and assured. The physical body has to shape her energies for a Great Jump, call it a Quantum Jump, to transcend the barrier. This could easily be achieved by a dedicated effort. The physical body can assume any body, growing in energy and consciousness. That is the reason why elevated souls in higher worlds seek invariably to have a physical form."

"Physical form then becomes a medium for higher form. Attainment of Nirvana is only by transcending all levels of energy and proximate worlds. *Before Nirvana State is attained, one has to wait for completion of mission only through a physical form. That's why physical form has a real value.* Unfortunately, the physical beings, falling a prey to lateral attractions and charms, have forgotten the asset value of the form and have degenerated beyond redemption."

"SPIRITUAL MASTERS"

Medium : N.C. Sampath Kumar

Master : Ganapath

"The spiritual world speaks its glory in several ways. *The spiritual path is the most esteemed in one's life and one should strive to move unswervingly for eternal bliss.* 'Spiritual' means neither being 'ritualistic' and also not being totally 'spirit-oriented'. Spiritual route is certain and makes you understand monism or dualism with great depth. *As the progress is made, all barriers are crossed; paradoxical propositions enter, giving the greatest ever satisfaction desired by a person!* This noble path is not very easy to tread-nor, entering into the groove does not automatically slide you smoothly into the deserved, desired end."

"The mists of the mind, i.e., the mythical propositions of the mind dissolve completely, while on quest for spiritual glory, and expose the Absolute Truth nakedly to the delight of the seeker. Whatever is 'Truth', whatever is 'absolute reality', are realized and eternity is achieved with great certainty. Spiritual Path is strewn with the Great Teachings of the Masters which initially appear esoteric to the unevolved mind. As the

awakening dawns, the Masters make the Path easy to tread, and pull you out of distractions by an invisible thread."

"Spiritual Masters spread their benevolence without any constraints. If the seeker were to unfold his mind for reception, the Master's perception blooms in his mind, glittering his Path with wonderful colours and fragrance. Most of the time it is the seeker, who refuses to enter the ever-thrown-wide open gates of the Master. *Masters occupy an unique position in the spiritual world, with their exquisite way of functioning, not easily understandable to the ordinary mortal.* To occupy a position of a Master in the spiritual world is not as easy as, say, your going up the ladder in your officialdom. Nothing is 'automatic'. Masters are not 'made', but they become so by their own relentless, untiring and eternal efforts!"

"I was always pointing to you about the latitude given to a mortal to work in his own individual style. Without this individuality, you would have found 'tailor-made' Masters, without any distinctive features! The uniqueness is lost, and ubiquitous-designed Spiritual Masters would have occupied the world without any significance! If everything rolls out from a 'die', you will not find any individuality but you will find only 'commonness'! The product manufactured turns out as a stale stuff. For that reason alone the latitude on Earth is so very vast, so that you can occupy any position and do things not already die-cast in any way! This unique feature resulted in the Birth and Evolution of '*Great Masters*'- *each one a distinct model and worthy of emulation.* They stand out as monuments and typical examples of self - attained glory begotten from humble beginnings. This does not mean that the humbleness is not there with them after they attained glory. *Humility is the hall-mark of a Great Master* and he never exerts his mind to impose anything on the seeker."

"The basic characters of all the Masters are all same and each one excelled in his/her pursuit to such a great height as to hold an un-enviable berth in spiritual kingdom. To know them in itself is a great thing and so you can well imagine the benevolence of such Masters should they chose to personally guide you! They are guiding forces to all seekers of spiritual path and they do not hesitate to help other seekers even to exceed them, should the seeker rise to such an occasion."

"When reason and confidence are betrayed in Man, his downfall is certain. In such cases any amount of effort to prevent such mishaps can only be an exercise in futility. Confidence in an individual is not an 'automatic' process. Confidence arises out of psychic development. When the mind is steadfast and unswerving, the vacillations are arrested. The steadfast mind finds that she or he is secure and able to withstand any amount of trials and tribulations with a rare sense of definiteness. The individual veers through difficulties without any affection. Every one needs celestial wisdom to evolute and withstand the turmoils in his/her life."

"Life is not a 'bed of roses' to anyone, be it on the mundane level or on the Astra level! The struggle to evolve puts one always on a path strewn with tasty fruits. Each one of them, sweet or sour in taste, is a distraction in his path and impedes his progress. The progressive mind, alive to the distractions, bothers little, and runs along the Path with a great sense of purpose and devotion. Excellence in a person comes out, or blossoms, only when he/she undergoes all the rigours. So the trials and tribulations are meant to 'file' your crude natures and to become smooth, and to make you shine by scrubbing you constantly. But, this philosophy is rarely understood by any one."

"Any amount of your beseeching 'God' by 'prayers to alleviate the pain or suffering will only be an endeavour in delaying the blossoming of your inner characters. Life should flow unrestricted and take all moulding in a natural manner without any demur. Such was the nature of all Yogis of the past including Rama, Krishna, Christ, or Buddha. Emulation needs not only the personality as projected but also the process undergone by the projected personality. A lovely fruit is not a haphazard creation effected in a trice! The tree undergoes many rough and smooth weathers and nourishments to produce a flower, which upon great difficulty ripens into a fruit! You only take the essence or the fruit and forget the process so laboriously undergone! Your emulation of Great Masters' ultimate character as projected is only a mockery - imitation with a great limitation! One should hesitate to imitate unless one takes up the rough side of the life of the projected individual too!"

"Nature has not created any disadvantage inherent to any individual or put an individual in a particularly advantageous position over the rest. Benevolence of Nature is common, uniform, universal, and unaffiliated to likes and dislikes. The one who sails with the nature grabs all the advantages for the shedding of a great deal of his profane character. This does not mean that he changes his unique characteristics. It only means that he moulds his outlook to sail along with the benevolence of nature and identify with it. Immature minds loathe at nature and seek shelter away from it, shunning at her projections from time to time. The endowed mental faculties are meant not to shun at things but to flow with them."

"FOOD"

Medium : N.C. Sampath Kumar

Master : Ganapathi

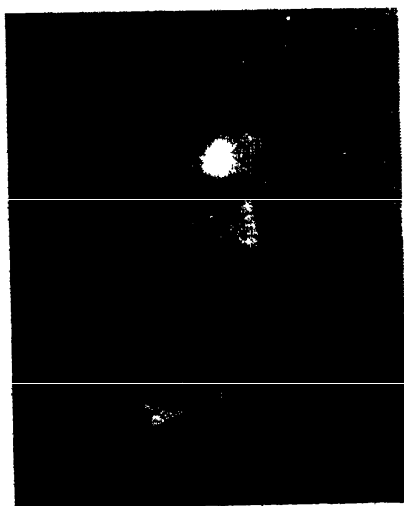
"Normal living doesn't need extraordinary nourishment. Nourishment should be simple, to sustain the life. The food should not be expected to be tasty and available material should be eaten in the form created. 'I want that spicy food', 'I want this spicy food' - these are all subsequent poisonous preparations, not conducive to sane existence."

"Food has a great impact on your life. The sustenance shall be not only for the

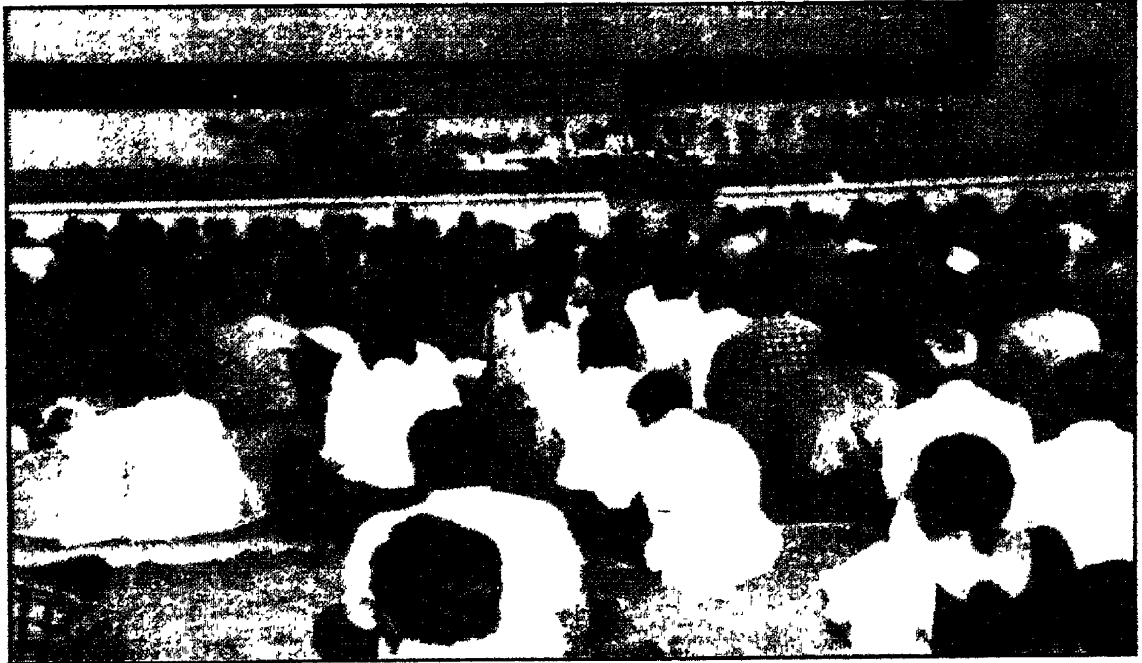
physical but for the metaphysical life also. In fact, your sustenance is destined for metaphysical life only but you have reversed it. You are now endeavouring to sustain physically without kindling magnificent metaphysics in you. The taste of the food shall be according to what the stomach needs but not according to what the tongue dictates. *The purpose of the tongue is primarily to have a coherent voice and to aid the stomach in avoiding poison.* The 'gateway' needs check for regulating the entry. Food passing through the mouth gets checked up by tongue and beyond that it should not dictate any. *The food shall be vegetarian, natural raw foods-mostly fruits. This aids immensely in Meditation.* The metaphysical mind needs nourishment which tends to provide positive vibrations. *The fruits and vegetables provided to you by Nature are gifts to kindle the metaphysical growth, suppressing the negative vibrations."*

"The Rishis of yore are standing monuments for you to follow them in every respect. The Rishis never aspired for food dictated by the tongue. *They take very less quantity of raw-food and fruits and assimilate them completely so as to keep themselves sustained without getting impaired in any manner.* Their style of living and existence never creates any problem to the Nature. In fact, Nature dances in their presence and vibrates with enthusiasm. The Rishis foster symbiotic relationship everywhere and scrupulously avoid the mishaps even of trivial magnitude. This sensitivity to the Nature is on account of the food they intake."

"The fruits and raw vegetables retain in them sensitive code of the Nature for happy, sane and healthy living. The sensitive mind alive to this decodes the message and creates a vibrancy augmenting metaphysical capabilities. *The more you become sensitive to Nature, the more you decode its sensitive vibrations for your Enlightenment.* Enlightenment feeds on the positive mind and Meditation alone brings out that. Nature nurtures in it all things for you to get enlightened but you are shunning it and living in a shell - insulating yourselves from all positive vibrations. The rich food, hence, should consist in more 'positive' vibrations but not in more 'proteinic' aberrations."



CHAPTER -8





WISDOM AND REVELATIONS OF SOME NEW AGE GRAND MASTERS

OSHO

- ♦ "Meditation is nothing but a device to make you aware of yourself. *Meditation is an adventure, the greatest adventure the human mind can undertake.*"
- ♦ "A really meditative person is playful. Life is fun for him, life is a leela. He enjoys it tremendously. He is not serious. He is relaxed."
- ♦ "My whole approach is to drop all inhibitions, all taboos, to drop all repressions and become again Adam and Eve."
- ♦ "The mind creates a magical world of its own, a dream world, and then the real world is lost. That's what is creating the world- the mind. *Once the mind is no more- the Master of your being starts flowing again. Again there is joy and again there is dance; again there is love and life and eternity. This small thing has to be done- the mind has not to be listened to.*"
- ♦ "Sleep is the need of the body;
Orgasm is a need of the mind; and
Samadhi is the need of the soul."
- ♦ "Science gives better house, better cars, better technologies, better standard of living, but it cannot give us a significant life. It cannot give meaning to us. It

cannot give us ecstasy."

- ◆ "Aesthetics should be the only Religion;
Poetry and Dance should be the only way to God;
To be creative should be the only Way to God."
- ◆ "Life owes nothing to us and we owe everything to life. It goes on giving gifts and gifts and gifts."
"That's why suicide is thought to be the greatest of sins. The reason is that life is such a beautiful gift and you return it back to God, you don't feel grateful. On the contrary, you are angry, you are in a rage. Suicide is the ultimate in ungratefulness and prayer is the ultimate in gratefulness."
- ◆ "*Walk like God!* Walk as you would if you were a God, and you will suddenly see many changes happening in your energy. *Sit like a God* - talk and behave, communicate - but always remember that you are God and so is the other."
- ◆ "*Forgive others, but even more, forgive yourself.*"
- ◆ "Love unconditionally, and forgive unconditionally, and you will not accumulate any karma."
- ◆ "Accept life. Accept life with all its joy and with all its badness. Rather than trying to seek God somewhere else, start looking for him here-now, in the people in the market place. He is here very alive and kicking".
- ◆ "*To sad people nothing happens, and when nothing happens, they become more sad!*"
- ◆ "Be more cheerful and then you will see many things coming in your way."
- ◆ "Whenever you start thinking of the future and the past too much, just relax, and pay attention to breathing. *Every day atleast for an hour just sit in a chair, relaxed and making yourself collected, and close your eyes. Just start looking at the breathing. Don't change it just look, watch - by watching it it will become slower, slower and slower.*"
- ◆ "Normally they teach that one has to be 'moral' to be able to meditate. However, the truth is that *one has to be meditative to be moral!*"

LOBSANG RAMPA

- ◆ "You always have to have a body. So, down here, on Earth, we have a physical body. So, *when we leave this Earth, we shall vacate our Earth Body and then we shall go to the Astral World and live in the Astral Body*, and , of course on each stage our body will be absolutely as solid as all those other bodies which are around us."
- ◆ "We build up energy for a new astral body from what we are doing on what is at that moment 'our earth', or the world of physical existence."
- ◆ "*You will not be able to do astral travel unless you are thoroughly convinced of its existence.* Secondly, you must believe that you can do astral travel. Thirdly, you must have no fear of astral travel. Fear will definitely prevent you from getting out of the body. Finally, you must have no intention of using the ability for anything wrong."
- ◆ "Visualize yourself getting out of the body.... anyone who can comply with the conditions can do astral travel... anyone."
- ◆ "*Earth is just a training school, and if we don't make a good job of it now- well, we keep on coming back, until we have more sense.*"
- ◆ "We do evolve from a one-dimensional entity right upto uncountable, unmentionable dimensions until at least we become one with the Overself, and then when we are one with Overself, the Overself is complete, and *then it too has to go on to further evolution. You cannot have things stationary.* In any form of nature, nothing is stationary."
- ◆ "When you die, i.e., when your physical body is finished with this earth and your astral entity goes on to the astral world, *it has to stand alone and answer for all of its successes and failures.*"
- ◆ "You have your body, let's call your body the Overself. And then you have a right hand, a left hand, a right foot, and a left foot, lets call them your 'puppets'. So your hands and feet are definitely related to each other!" So, in precisely the same way the other people who are the 'puppet's of that one Overself are related, are connected, are dependent upon each other. And the Overself has to manage each of these puppets in the same way that you have to manage your hands and feet."

RICHARD BACH

- *"Don't believe what your eyes are telling you. All they show is limitation! Look with your understanding, find out what you already know, and you will see the way to fly."*
- "What we imagine is exactly what we find."
- "You are life, inventing form! No more can you die!"
- *"By your choice dwell you now in the world which you have created. What you hold in your heart shall be true, and what you most admire, that you shall become."*
- "We can have excuses or we can have health, love, longevity, understanding, adventure, money, happiness. We design our lives through the power of our choices. We feel most helpless when we have made choices by default, when we haven't designed our lives on our own."
- *"We generate our own environment. We get exactly what we deserve. How can we resent the life we have created for ourselves? Who is to blame? And who is to credit, but us? Who can change it, anytime we wish, but us?"*
- *"The mark of your ignorance is the depth of your belief in injustice and tragedy."*
- "Every person, all the events of your life... are there because you have drawn them there! What you choose to do with them is up to you."
- "You are never given a wish without also being given the power to make it true. You may have to work for it, however."
- *"Argue for your limitations, and sure enough they are yours!"*
- *"You teach best what you most need to learn."*
- "Your only obligation in any lifetime is to be true to yourself. Being true to anyone else or anything else is not only impossible but also the mark of a fake messiah."
- "The simplest questions are the most profound.
Where were you born?
Where is your home?
Where are you doing?
- Think about these things once in a while and watch your answers change."
- "There is no such thing as a problem without a gift for you in its hands. You seek problems because you need their gifts."

SETH

- ◆ "You are not struck in time like a fly in a closed bottle, whose wings are therefore useless. *You cannot trust your physical senses to give you a true picture of reality. They are lovely liars, with such a tale to tell that you believe it without a question.*"
- ◆ *"I have donned and discarded more bodies than I care to tell."*
- ◆ "There is a portion of your far deeper identity, who forms both the inner ego and the outer ego, who decided that you would be a physical being in this place and in this time. This is the core of your identity, the psychic-seed from which you sprang, the multi-dimensional personality of which you are a part."
- ◆ *"Scientists say, now, that energy and matter are one. They must take the next full step to realize that consciousness, and energy, and matter are one".*
- ◆ "All species are motivated by Value Fulfilment which each seeks to enhance the quality of the life for itself and for all other species at the same time."
- ◆ *"Animals do not blame human beings for anything. If, as a species, you really find yourselves communicating with the animals, you would have an entirely different culture, a culture that would indeed bring about an alteration of consciousness of the most profound nature."*
- ◆ *"Using the Inner Senses, we become conscious creators, Co-Creators. But you are unconscious Co-Creators, whether you know it or not."*
- ◆ "The Inner Senses open your range of perceptions, and allow you to interpret experience in a far freer manner. *My purpose is to open your Inner Eyes.*"
- ◆ "Each atom and molecule has its own consciousness. Consciousness and matter and energy are one; but consciousness initiates the transformation of energy into matter."
- ◆ "So, beside this spontaneous creation, this simultaneous stream of divine arousing, 'All That Is' began to watch the interactions that occurred among his own subjective progeny. He listened, began to purposefully bring about those mental conditions that were requested by these generations of progeny. If he had been lonely before, he was no longer."
- ◆ *"Travel in peace and joy and safety, in your bodies and out!"*

- ◆ "Ancient Rome exists and so does Egypt and Atlantis. You not only form the future, but you also form the past. You and your reincarnational selves, or personalities, are imprisoned in time. There is a constant interchange going on between what you think of as your present self, and your past and future selves."
- ◆ *"Do not personally give any more conscious consideration to events that you do not want to happen. Any such concentration, to whatever degree, ties you in with those probabilities; so, concentrate only upon what you want."*
- ◆ "The future is a probability; nothing exists there yet. It is virgin territory to be planted by feelings and thoughts in the present. Therefore, plant accomplishments and successes. Remember that *nothing can exist in future that you do not want to be there.*"
- ◆ "Physically speaking, man's 'purpose' is to help enrich the quality of existence in all of its dimensions. Spiritually speaking, the purpose is to understand the qualities of love and creativity, to intellectually and psychically understand the source of his being, and to lovingly create other dimensions of reality of which he is presently unaware."
- ◆ *"Any event that you perceive is only a portion of the true dimensionality of that event."*
- ◆ "Creation is continuous, spontaneously occurring everywhere, and everywhere simultaneously in a kind of spacious present. There is always new energy and all are open, even though they seem to operate separately."
- ◆ *Your body - consciousness is like that of any animal. Think of your body as a healthy animal. Animals and body-consciousness - they do possess their own mental attributes and emotional states."*
- ◆ *"Be reckless in the expression of the ideal, and it will never betray you!"*
- ◆ "If you are alert and curious while dreaming (and you can learn to be) then you can catch yourself in the act of creating a dream's past and future at once."
- ◆ "I am saying that the individual self must become consciously aware of far more reality; that is, must allow its recognition of identity to expand. Move beyond the concepts of one god, one self, one body - as these ideas are currently understood."

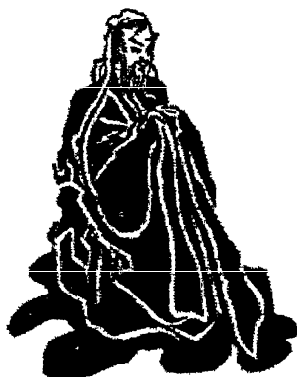
- ◆ *"In the terms of one lifetime such achievements are practically impossible, individuals choose to develop certain portions of their abilities, and such a choice often necessitates ignoring other talents."*
- ◆ *"The world is indeed like a theatre at any given time, but the play is not pre-ordained or laid out, it is instead a spontaneous happening in which over-all themes are accepted before hand. Each "Greater Personage" takes several parts, or brings forth general psychic children who spring to life as individual human beings."*
- ◆ *"If you believe firmly that your consciousness is locked up somewhere inside your skull and is powerless to escape it, if you feel your consciousness ends at the boundary of your body, then you sell yourself short."*
- ◆ *"Physical reality has always been refreshing to me."*
- ◆ *"The self that you know is but one fragment of your entire identity."*
- ◆ *"Nothing exists-neither rock, mineral, plant animal nor air - that is not filled with consciousness of its own kind."*
- ◆ *"When you trust the thrust of your own life you are always supported."*
- ◆ *"Each reader is a portion of his or her own entity, and is developing towards the same kind of existence that I know."*
- ◆ *"Your reality is no more legitimate than any other, but it is the only one you perceive."*
- ◆ *"It is not that physical reality is false. It is that the physical picture is simply one of an infinite number of ways of perceiving the various guises through which consciousness expresses itself."*
- ◆ *"We don't feel the need to conceal emotions, we know it is basically impossible and undesirable."*
- ◆ *"When you arrive or emerge into physical life, not only your mind is not a blank state but you are already equipped with a memory bank far surpassing than that of any computer."*
- ◆ *"You may think of your soul or entity as some conscious, living and divine-inspired computer who programs its own existences and life-times."*

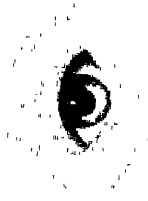
LINDA GOODMAN

- ◆ "Reading about metaphysical subjects is necessary. *Books are undeniably a swift short-cut to Enlightenment.*"
- ◆ "What the earthlings call the past, present and the future are all one - taking place simultaneously."
- ◆ "*The first rule is to find what kind of work will allow you to labor with love.*"
- ◆ "Whether you consciously realize it yet or not, you have enrolled yourself by choice (on the level of your Higher Self) in a spiritual class-room. And the School of Karma (Macrocosm) is just like any Earth School in most respects and if you have learned particularly well, you may even skip a grade or so."
- ◆ "*Every physical illness, without a single exception, is the result of the initial cause of certain mental and emotional attitudes.*"
- ◆ "*What you eat and what you think is what you are. Fruit is the food most beneficial to your body's well being. The ultimate goal is to become a Fruitarian, eventually, part-time Breath-tarian.*"
- ◆ "You have been taught that your body must have 'proteins (meat)' to be healthy. You have been taught a myth."
- ◆ "*Becoming a Fruitarian is a giant step for Body, Mind and Soul.*"
- ◆ "Your Overself (or Spirit-or the Angel of Your Higher Self) is always there... never separated from your mind and soul (which are, by the way, outside the body). either in life, or in death. Always there, lovingly ready to guide and help you over the rocks when things get rough, but unable (because of the gift of free-will) to force wisdom or power upon you."
- ◆ "*And, nothing on this planet is a coincidence. Or, in any other planet. Or in any solar system or universe.* However major or microscopic, every event is linked to an unguessed, invisible, interlocked cosmic pattern."
- ◆ "Physical immortality - perpetual longevity, sans illness and ageing - eternal, healthy life in your living flesh - is not a fantasy, but a practical and attainable possibility."

- ◆ *"Physical immortality is natural and physical death is unnatural. As long as you can continue to strengthen your life urges, and ignore your programmed death urges, you will go on living."*
- ◆ "You die because you believe you must. Your mind and soul have submitted to it. Overself (the You of-you) knows better."
- ◆ *"Your body is an energy system, capable of infinite improvement and perfection. It may be difficult to conceive of our own self as the source of all healing, but to believe anything else is to accuse the creators of your Spirit of doing a poor job."*
- ◆ *"Money must never change hands between esoteric teacher and student."*
- ◆ "All great truths are simple"
- ◆ *"Men taught animals to be carnivorous!"*
- ◆ "Dreams are the first step in manifesting wishes into reality."
- ◆ *"Stars incline, they do not compel."*
- ◆ "All deaths are against the law of eternal life."
- ◆ "You can accomplish either (a) age prevention, or (b) age reversal, if necessary."
- ◆ *"The 'deathist theology' can last only as long as you cling to it."*
- ◆ "When you are ready, your personal teacher will instruct you in the Socratic Method - by helping you remember that you already know but have forgotten."
- ◆ *"You do know everything there is to know, written indelibly upon the others in what has been called as the Akashic Records. You can read them, as did mystics like Edgar Cayce, you have only forgotten how."*
- ◆ "Every action ever taken, every word ever spoken - remains - on a higher frequency vibration - and may be magnetized back into conscious awareness under certain conditions."
- ◆ *"But real truth can be found in one place only - every man's and woman's communication with an eternal source of hidden knowledge within - which each individual must seek and find for himself or herself."*
- ◆ "The mind - of both women and men - is masculine. It operate through the masculine brain. The Soul - of both men and women - is feminine. It operates through the feminine - Third Eye."

- ◆ "The 'Silver - Cord' is actually seen by the Third Eye as sparkling silver, possessing an unlimited stretch capacity, and is not only a visible cord but also an audible (to the Inner Ear) musical chord of extremely high frequency."
- ◆ "All deaths are suicides, the only distinction is that, with some people, suicide is a subconscious choice, and with others it's a conscious choice; otherwise, those who commit suicide and those who succumb to accident, illness, or old age, die for exactly the same reason, belief in the inevitability of death."
- ◆ *"Now, there is the real culprit - the concept of 'the prison of the flesh'. But, is the flesh body, called the 'Temple of the Soul' - a prison?"*
- ◆ "You were, once, countless of forgotten aeons ago, Spirit. You still are, essentially, but now you are a spirit - plus a mind and a soul - a flesh body and an astral body. One might say you have more or less cloned yourself."
- ◆ "This guardian angel-the real you of you.... possesses all wisdom, all truth, all innocence, and all power. But he or she cannot initiate effective communication. You must do so (and here 'You' means your own mind (operating through the computer Brain) and your own soul (operating through the Third Eye). *You must initiate and establish communication. You must, with your Free-Will choose and decide to tune into your Higher Self and receive thereby all the power which has always been your birth-right, since your first incarnation into a flesh body and all through your subsequent incarnations, including, of course, the present one. One might say it's eternally true that 'its your move' in the spiritual game of chess.*"
- ◆ *"Every cell in the human body replaces itself over a period of seven years. Except for brain cells - a most important exception for you to remember."*
- ◆ "Alcohol burns out brain cells, and even though you have over forty two billion of them, becoming magic requires as many as you can keep healthy."





CARLOS CASTANEDA

♦ Seeing

- ♦ "The capacity of human beings to enlarge their perceptual field until they are capable of assessing not only the outer appearances, but the essence of everything is called 'seeing'."
- ♦ *"When I focus my seeing on a given time, I know everything that took place."*
- ♦ "'Seeing' is a peculiar feeling of knowing something without a shadow of doubt."
- ♦ *"In 'seeing', you witness strange worlds."*
- ♦ "Under the direction of great seers, populations of entire cities went into the other worlds and never came back."

Self Importance

- ♦ *"Self-importance is our greatest enemy."*
- ♦ "What weakens us is a feeling of being offended by the deeds and mis-deeds of our fellow men."
- ♦ *"Our self-importance requires that we spend most of our lives offended by someone."*
- ♦ "Every effort should be made to eradicate self-importance."
- ♦ "Self-importance is not something simple and naive. On the one hand, it is the core of everything good in us, and on the other hand, the core of everything that is rotten. To get rid of the self-importance that is rotten, requires a master-piece of strategy. Seers, through the ages, have given the highest praise to those who have accomplished it."

Apprentice - Warrior - Knower- Seer

- ♦ *"The first step is the decision to become Apprentices. After apprentices change their view about themselves and world, they take the second step and become Warriors, which is to say, beings capable of the utmost discipline, and control over themselves. The third step, after acquiring forbearance and timing, is to become Men of Knowledge. When Men of Knowledge learn to see, they have taken the fourth step and have become Seers."*

Forbearance

- ◆ *"Forbearance is to wait patiently - no rush no anxiety - a simple joyful holding back of what is due."*

Impeccability and Unbending Intent

- ◆ "All that is required is impeccability, energy, and that begins with a single act of deliberate, precise, and sustained nature. If that act is repeated long enough, one acquires a sense of unbending intent, which can be applied to anything else."
- ◆ "If that is accomplished, the path is clear. One thing will lead to another until the warrior realises his full potential."

The World and its Perception

- ◆ *"The world is as it looks and yet it is not. It is not as solid and real as our perception has been lead to believe, but it is not a mirage either. The world is not illusion, as it has been said to be; it is real on the one hand and unreal on the other."*
- ◆ "We perceive. This is a hard fact. But what we perceive is not a fact of the same kind, because we learn what to perceive."

Our Senses

- ◆ *"Our senses are capable of everything. Our senses can detect everything."*
- ◆ "It is the seers' conviction that we have tapped a very small protion of ourselves."

Luminous Cocoon

- ◆ *"For a 'seer', all men are luminous beings. Our luminosity is made up of that portion of the Eagle's Emanation which is encased in our egg-like cocoon. That particular portion, that handful emanations that are encased, is what makes us 'men'."*

Assemblage Point

- ◆ *"We are, in essence, an assemblage point fixed at a certain position on the luminous cocoon. Our enemy, and at the same time our friend, is our internal dialogue: make your inventory and then throw it away. The new seers make accurate inventories and then laugh at them. Without the inventor the assemblage point becomes free."*

Energy and Warriors

- ◆ "The first attention consumes all the glow of awareness that human beings have,

not an iota of energy is left free."

- ◆ *"Warriors, since they have to enter the unknown, have to save their energy. They have to save their energy from eradicating unnecessary habits. This detaches awareness from self-reflection and allows it the freedom to focus on something else."*

We are Energy

- ◆ *"Your flaw is to remain glued to the inventory of reason. Reason doesn't deal with man as energy."*
- ◆ "We are better than instruments; we are organisms that create energy. We are a bubble of energy."

Warrior's Goal

- ◆ "Warrior's only search is the ultimate liberation that comes when they attain total awareness."
- ◆ *"Warriors prepare themselves to be aware and full awareness comes to them only when there is no more self-importance left in them."*
- ◆ "Only when they are nothing, do they become everything."

Stopping of Internal Dialogue

- ◆ "The internal dialogue is what keeps the assemblage point fixed to its original position."
- ◆ *"Once silence is attained, everything is possible."*
- ◆ "The internal dialogue stops in the same way it begins: by an act of will."
- ◆ "We will to talk to ourselves. The way to stop talking to ourselves is to use exactly the same method; we must will it, we must intend it."

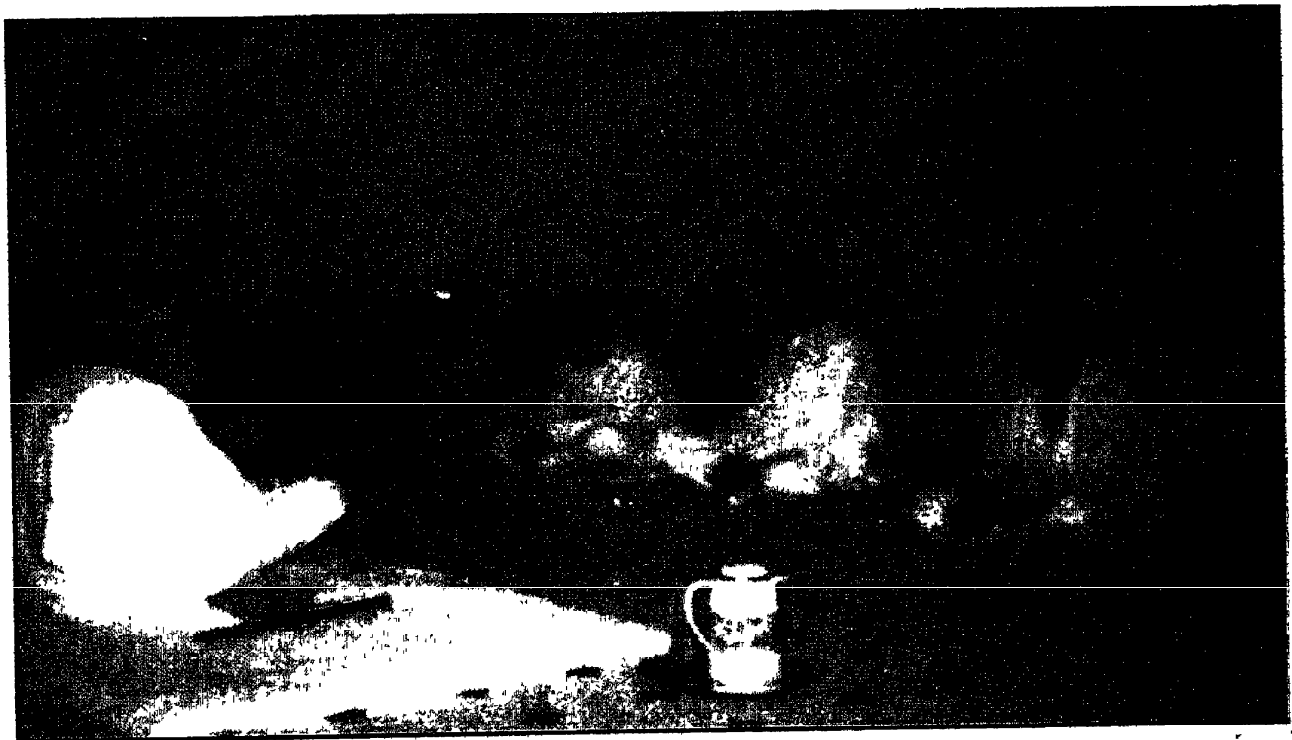
Inner Silence

- ◆ *"Once inner silence is attained, the bonds that tie the assemblage point to the particular spot where it is placed begins to break and the assemblage point is free to move."*

Other Worlds

- ◆ *"Once the assemblage point moves beyond a certain limit, it can assemble worlds entirely different from the world we know."*

CHAPTER -9





NEW AGE SPIRITUAL PHILOSOPHY

The New Age Spiritual Philosophy can be briefly summated as follows :

God: Man is God, as all else is.

Speck of E.C.K.: Man is an eternal speck of Energy, Consciousness and Knowledge, as all else is.

Potentiality: Man's potentialities are infinite, as everything else's is.

Cosmos: There are infinite universes. The present, visible physical universe, is only one among them. The infinity of universes is called as 'Cosmos'.

Enlightenment: Enlightenment is understanding that you are a god amidst an infinity of gods. Enlightenment is understanding you yourself as the Ultimate Reality. Enlightenment is understanding that you alone create your own reality. Other gods create their own realities.

Law of Karma: Man is responsible for his/her own actions. He/she reaps what he/s sows. The 'other' never comes into the picture. Only efforts give rise to effects. No efforts mean no-results.

Cycle of Incarnations: Man has several lives to live in the Earth School so that he/s may finally graduate out and reach the status of Over-Self and thereby complete the cycle of incarnations.

Simultaneous Life-Times: All 'past', 'present' and 'future' incarnations are simultaneously happening. Realizing this, a person breaks out of the illusionary 'time' concept.

Purpose of Life: Man, as anything else, is aglow with two expectations- 1) to enjoy and 2) to know. Therefore, the purpose of life is -

- i) To enjoy himself/herself and to enjoy the world/s at large, more and more.
- ii) To know himself/herself and to know the world/s at large, more and more.

Friendship : The joy of life is friendship! And, friendship is a feeling of tenderness towards all beings of the Cosmos.

Good and Bad : Happiness is always obtained through 'knowledgeable' and 'positive' actions. Unhappiness always results through 'ignorant' and 'negative' actions. There is nothing like 'good' or 'bad'!

Meditation : Progress is obtained only through Meditation. Meditation, per se, is activating and perfecting the Inner Senses, called together as 'Third Eye'. Meditation is developing what is termed as ESP.

Inner Chatter : Inner Chatter is the ceaseless mental activity which becomes evident while the eyes and mouth are shut. For meditation to happen, first, the continuously existing inner chatter must cease. A no-thought state must be reached.

Ana - Pana - Sati : The technique to go into meditative state is practicing Ana-Pana-Sati i.e., being mindful of inhalation and exhalation, to the total exclusion of all thoughts.

Problems : 'Problems' and situations in any given life-time are self-picked before each embodiment. Thus, they only represent challenges to stimulate personality growth; they are not mechanical 'punishments' or 'rewards' automatically arising out of previous 'sins' or 'good works'.

Event Formation : *No event is totally predetermined or totally accidental.* Only important events are 'pre-planned' before each embodiment. Events are formed solely by the power of Free- Will at each given moment in the present. *Nothing is by chance; everything is by choice.*

Dreaming : 'Sleep' or 'Dream' state is as much an active and personality-forming state as the normal 'wakeful' state.

Dreams are awakeners of the mind to the past, the future to come, or the present to be enjoyed. Conscious dreaming, and better still, coming awake in the dream-scenario in the midst of dreaming, is foremost among New-Age spiritual practices.

Vegetarianism : *Vegetarianism, culminating in being a Fruitarian, is the cardinal New Age Spiritual Philosophy. Mankind is charged with responsibility towards the physical welfare and psychic development of its brethren, the Animal Kingdom.*

Healing : *All healing must be through 'natural healing' and through the exercise of 'intent'- and as a result of learning practical lessons.*

Swadhyaya : *'Swadhyaya' or reading the books written by Enlightened Masters and Third-Eye Yogis is a must. This is not optional, but mandatory.*

Exchange of Experiences: *Meditators and Enlightened persons should exchange their meditational experiences and wisdom. This is not optional, but mandatory.*

Axis Change : *The urgent spiritual task now is to prepare the mankind for the impending Axis change that is to catapult Earth into the New Age.*

Over-Self : *All physical beings are part-expressions of tremendous and gigantic trans-physical personality gestalts.*

Thus, men and women are Aspect-Selves of their own Source-Selves. Each Source-Self lives through its Aspect Selves which exist in many dimensions of realities simultaneously. The Source-Self progresses through the trials and tribulations of its Aspect-Selves. This Source-Self is also called as the Higher-Self, Over-Self, 'Poorna-Atma' etc.

Physical Immortality : *Physical old age and physical death are not 'inevitable' and they are actually unnatural phenomena. They arise only out of ignorant thinking and ignorant activities. Physical immortality means ability to prolong physical living as long as we wish to. We should be able to transform the 'matter-body' into an 'energy-body'!*

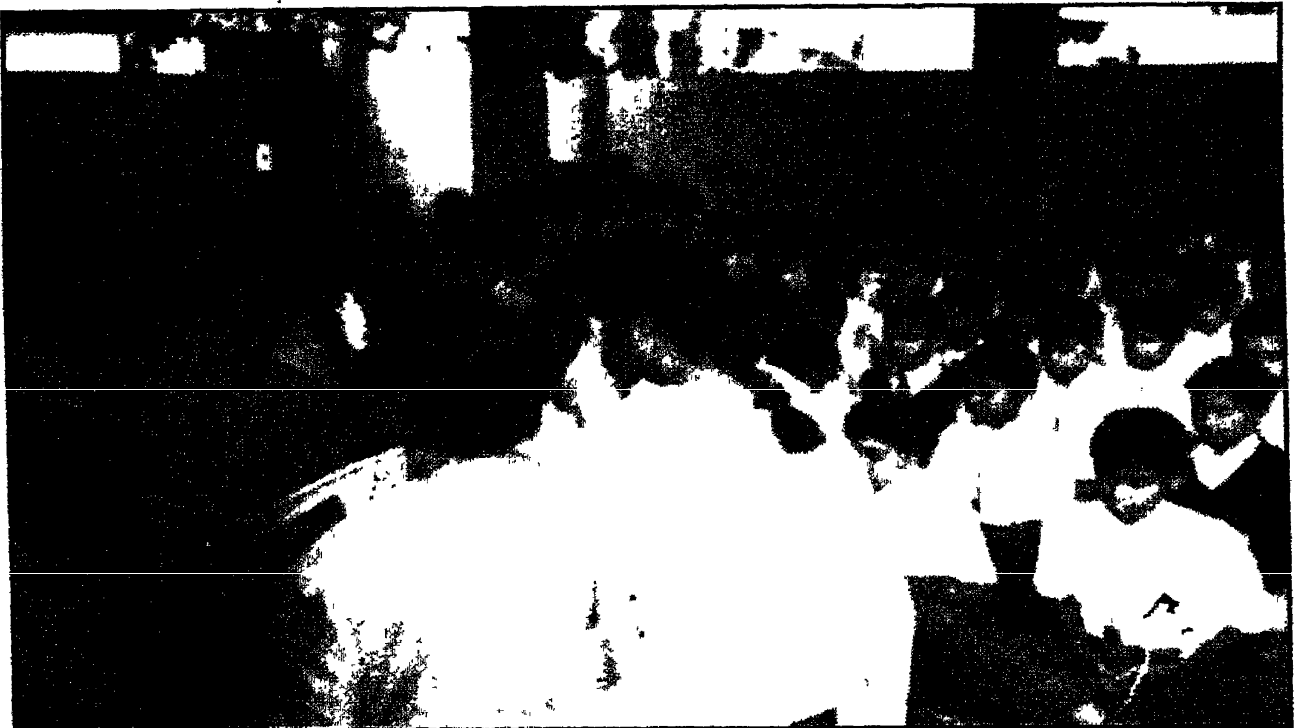
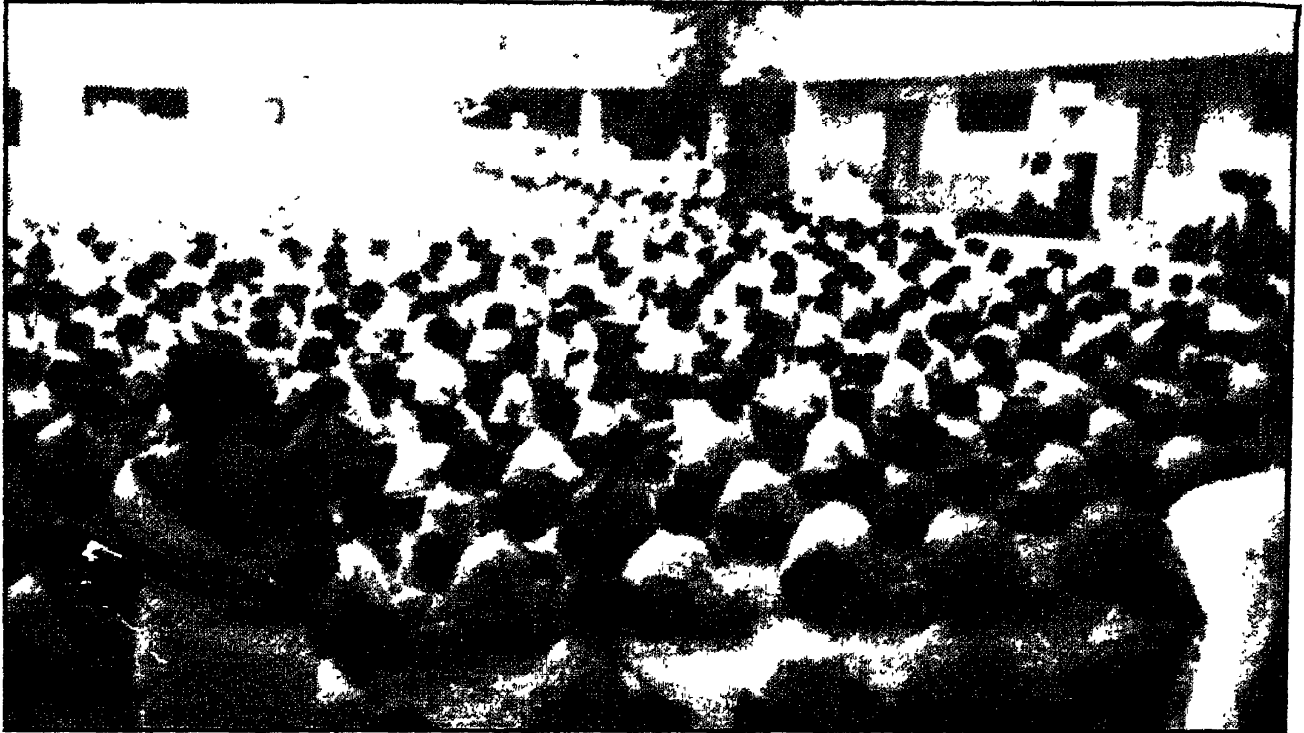
Ultimate Reality : *Matter is the Crystallization of Energy. Energy is the Creation of Thought. Thought is the Function of Consciousness. And, Consciousness is the Ultimate Reality.*

END - PIECE

**So , we have come to the end of our Book! The
work of The Kurnool Spiritual Society is now thrown
open to the public!**

A M E N !

CHAPTER -10





"THE KURNOOL SPIRITUAL SOCIETY"

- ◆ The Kurnool Spiritual Society reveals the shortcomings and inadequacies of all religions and signals their end in the forms existing.
- ◆ *The Kurnool Spiritual Society announces the crystallization of the one universal Spiritual Science woven out of the collective discoveries of all the Masters - past and present.*
- ◆ The Kurnool Spiritual Society is a harbinger of New Age precepts and New Age practices in this particular corner of the country and the world.
- ◆ *The Kurnool Spiritual Society is the model on which similar Spiritual Societies can spring up everywhere else.*
- ◆ Work done by the Society, so far, can be put into three categories.

I. Training earnest students in all the intricacies of Meditation and Enlightenment :

- ◆ Training earnest students in the Science of Meditation and the Science of Enlightenment is the main aim of The Kurnool Spiritual Society. In short, to show them the way to become Masters.
- ◆ The Masters - the New Age Persons - who have all become free, function as nuclei for sane thinking and sane living - amidst the general chaos of the present-day spiritually-improvished mankind.
- ◆ *The Kurnool Spiritual Society, formed by a Group of Enlightened Masters, is helping many a Master, who have so far chosen to be silent and obscure, to come to light.*
- ◆ Each of the Masters, in turn, is capable of inspiring any number of others to become Masters.

II. Establishment of a Unique Pyramid Meditation Centre : *For the first time in the country, a unique "Pyramid Meditation Centre" has been established and thrown open to the public.*

The concept of "Pyramid Meditation Centre", and "Pyramid Power" in general, has been well planted in the public mind.

The "Buddha Pyramid Meditation Centre, Kurnool", serves as a model for similar Pyramid Meditation Centres to come up everywhere throughout the rest of the country, and the rest of the world.

The 'Pyramid' is a New - Age symbol for Meditation and Enlightenment, replacing Old - Age concepts of Temple/Church etc.

Even casual visitors to the Pyramid have felt powerful vibrations and experienced deep peace and transformation.

Sitting inside the Pyramid, either in Silence or in Meditation, the stressed minds have received freshening and vitalizing cosmic energies.

The committed and dedicated Meditators have experienced ready help from the Astral Masters in their efforts to activate the kundalini to open the Third Eye, and to obtain contact with the Over-Selves.

III. Bringing all the New-Age Spiritual Masters and Their Teachings under One Common Unified Roof:

Bringing the combined teachings and wisdom of all the New Age Grand Masters of Spirituality, Meditation and Enlightenment, under one common roof, in the form of One Unified Spiritual Teaching is another out-standing contribution of The Kurnool Spiritual Society.



THE NEW-AGE MAN

To sum up, what is to be, like a New -Age man?

A New-Age person dances - celebrates - and lives happily and spontaneously, come what may, without any thought of 'past' or future. He /she is utterly in the present. He /she is free of all repression and has become like a freely-moving cloud.....

....a la Osho

A New-Age person strives to activate his Third-Eye and develop the ability to do Astral Travel so that he /she may travel freely into all the space - and - time corners of the infinite Cosmos.....

.....a la Lobsang Rampa

A New - Age person tries to soar into heights of spiritual freedom and spiritual understandings, meet Alternate Selves at will.....

.....a la Richard Bach

A New -Age Man's achievement is Sobriety and Impeccability; and, total eradication of Self-Importance. He /she is forever a Warrior - a person who has overcome all the four enemies of a warrior-i.e., Fear, Clarity, Power and Old Age.....

..... a la Don Juan

The New-Age Man's prime goal is to achieve Physical Immortality, to leave behind all degrading ideas of "inevitable death" etc., for once and all.....

....a la Linda Goodman

The New-Age Man aims to absorb the magnificent teachings and revelations of the "SETH" consciousness i.e., the ultimate wisdom of the Over-Self, so that his/her training as an under-self is completed. He /She now takes up a well-earned place as a new Overself, capable of producing own Mental Children.



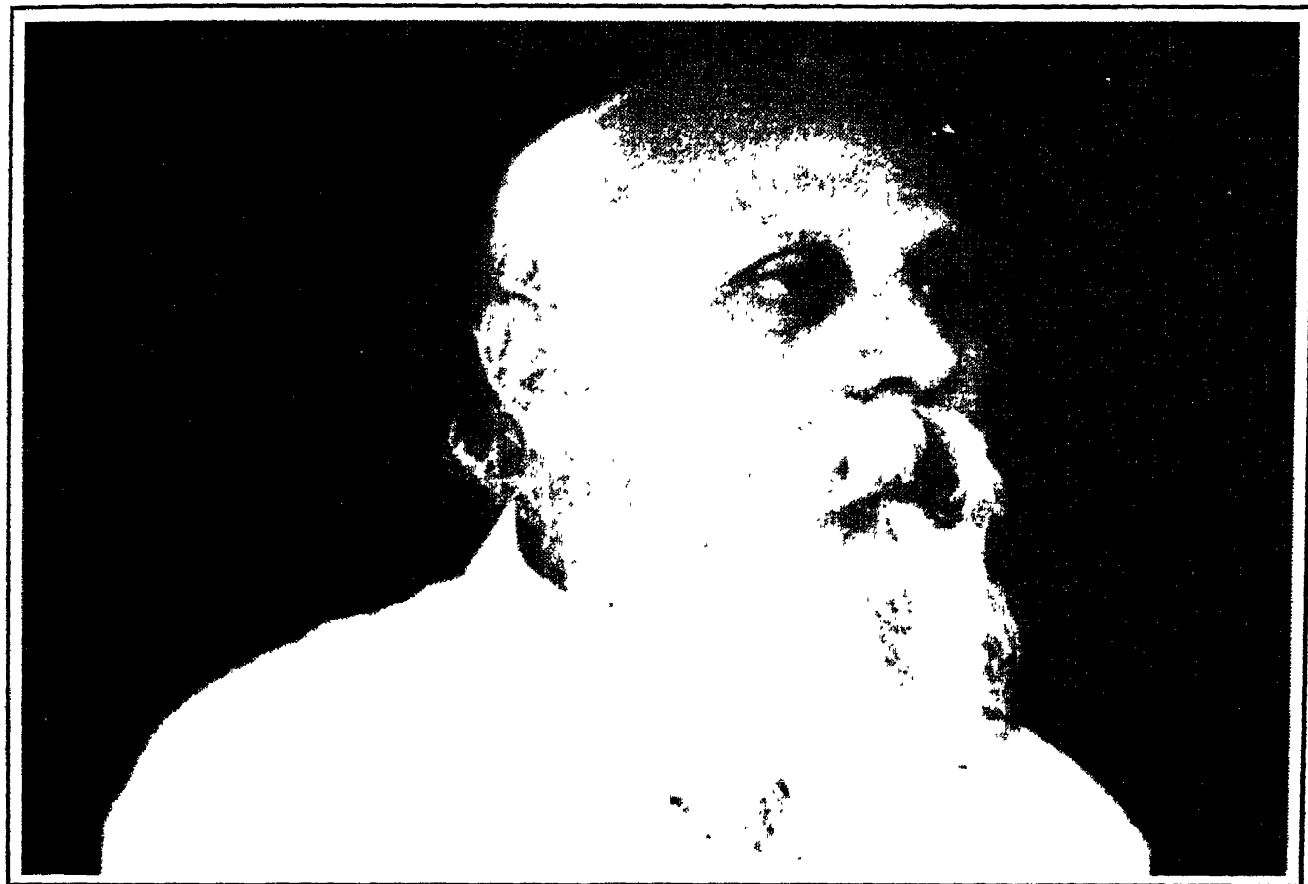
THE NEW AGE PERSON HAS TRAVERSED THE EIGHT FOLD PATH !

He/She has finally travelled-

- 1) From Wrong Views to Right Views.
- 2) From Wrong Resolves to Right Resolves.
- 3) From Wrong Speech to Right Speech.
- 4) From Wrong Actions to Right Actions.
- 5) From Wrong Way of Earining Living to Right way of Earning living
- 6) From Wrong Efforts to Right Efforts.
- 7) From Wrong Attention to Right Attention
- 8) From Wrong Meditation to Right Meditation.

..... a la Buddha





**The New-Ager person has,at last
become One with The Truth, and
One with all the Masters !**

In fact,

**The New-Age Person,
himself/herself
has become A Master!**